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Adele, Age 75 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible Deep-Tissue Laser Therapy".

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CONNECTICUT® BUSINESS & EDITORIAL OFFICES
100 Gando Dr. I New Haven, CT 06513
MAGAZINE 203-789-5300 | Fax 203-789-5255

Group Publisher and President **Paul Barbetta**
203-330-6527 | pbarbetta@hearst.com

Executive Editor, Connecticut **Helen Bennett Harvey**
helen.bennett@hearstmediact.com

| editorial |

Editor in Chief Albie Yuravich
203-789-5230 | ayuravich@connecticutmag.com

Writer/Content Editor
Mike Wollschlager
mwollschlager@connecticutmag.com

Senior Writer Erik Ofgang 203-789-5227
eofgang@connecticutmag.com

Writer Michael Lee-Murphy 203-789-5233
mmurphy@connecticutmag.com

**Contributing Writers John Roche, Frank Rizzo,
Randall Beach, Kevin Hunt**

**Contributing Photographers Jeff Kaufman,
Arnold Gold, Julie Bidwell**

| art & production |

Senior Designer Alyson Bowman
abowman@connecticutmag.com

Designer Greg Moody
gmoody@connecticutmag.com

Advertising Support Specialist
Patty Genovese

| sales & marketing |

Senior Vice President, Sales and Marketing
Rich Medeiros | 203-680-9919
rmedeiros@hearstmediact.com

Greater New Haven Joe Hiznay
203-258-7633 | jhiznay@connecticutmag.com

Hartford + Litchfield counties Karl Cicitto
860-558-3837 | kcicitto@connecticutmag.com

**Tolland + Windham + New London
+ Middlesex counties**
Julie Rowbotham | 203-464-1300
julie.rowbotham@hearstmediact.com

Fairfield + Westchester counties Tracy Poeti
203-215-9701 | tpoeti@connecticutmag.com

Marketplace Advertising Joe Hiznay
203-258-7633 | jhiznay@connecticutmag.com

Subscriber Services
855-235-9032

PUBLISHER'S REPRESENTATIVES

Boston Lange Media Sales
781-642-0400 | erklange@aim.com

New York Couture Marketing
917-821-4429 | karen@couturemarketing.com

| credit & collections | 877-396-8937

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Editor's note

Raising the Bar

Rebecca Barry's 2007 debut novel *Later, At the Bar* centers on a small-town bar in upstate New York and the characters who congregate there. Barry writes that Lucy's Tavern is the "center of the community."

The place itself was nothing special — a narrow room on the first floor of a brick building that had once been an apothecary. ...

Over the years Lucy built her bar into an open front parlor full of music and drinking, where bad behavior within reason was perfectly acceptable. ...

To her, the bar was like a good wedding, where love, sex, hope, and grief were just in the air and everyone who breathed it in was drunk not just on booze but the smoky haze around them.

That's what I think of when I picture a bar — a place that's probably in need of a fresh coat of paint, with more than a couple of chipped glasses, scuffed-up floors and an interesting array of faces ready to mix it up (not necessarily with fisticuffs). In short, a dive.

But for better or worse, bars, including those here in Connecticut, have grown more specialized in recent years. Yes, there have been cocktail lounges and wine bars for many years, but bars these days are evolving to meet the demands of customers who increasingly seek specific atmospheres and experiences.

When the magazine staff gathered to come up with a list of the state's best bars (page 47), we quickly realized that our collection needed to reflect this new reality. A good bar is different things to different people. A good place to watch the game and eat some wings would not be enough (but yes, we have some of those).

So, we serve up several bar categories that appeal to varying tastes. Prefer high-end furnishings and creative cocktails? Body-shaking live music? Intimidatingly long beer and wine lists? Historic surroundings? Award-winning food? You'll find all of these and more in this issue.

But before you head out for a pub crawl, I have some news.

Coming in April, as we do every year, we will publish a list of the best doctors in Connecticut. But this year we're handling things differently. Rather than conduct the survey of doctors ourselves, we've partnered with the internationally recognized Best Doctors organization, whose very business is devoted to health care and finding the best physicians in the country. We believe this will be a valuable resource as you, the health care consumer, look for help in making decisions about your medical care. I'll go into greater detail about this change in this space in the April issue, but you should feel confident that our list of physicians will continue to be the great resource it's been for many years.

Albie Yuravich

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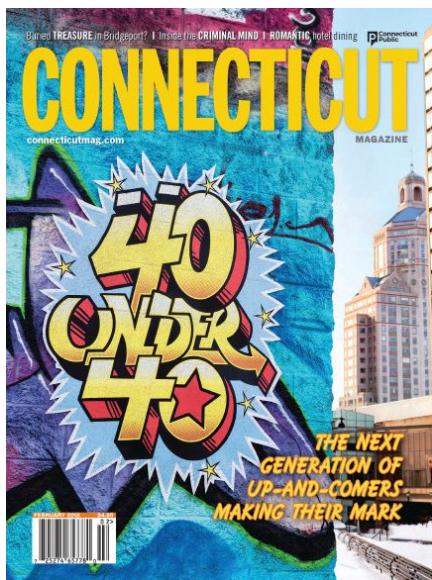
@AlbertYuravich

Corrections: David Salinas, a 40 Under 40 selection in the February issue, is the chief executive and co-founder of New Haven-based marketing and design firm Digital Surgeons. The company name was incorrect in the article.

Scott Miller is one of the executive chefs at Zohara Mediterranean Kitchen in West Hartford. Miller's role at the restaurant was misstated in a story in February's Connecticut Table section.

Maple Craft Foods' products, including its maple syrup, are available at many Stop & Shop and Big Y locations in Connecticut and nationally at Cabela's, but not at Williams-Sonoma, as was stated in February's Craft Cruising story.





Connecticut Magazine welcomes letters. Write to Editor, Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, or email editorial@connecticutmag.com. Please include your name, phone number and address; no anonymous letters will be published. We may edit letters for space reasons or clarity.

Love for the Older Crowd

Love your magazine. But as a professional cartoonist who just turned 60, I would love to see you spotlight — the same way you do the younger folks ("40 Under 40," February) — older folks in our state who are still producing.

Devon Wickens
Bethel

Editor's note: Wickens drew the cartoon that appears below.



More Info on Beer Pricing

In response to the CONNsumer column ("Beer Minimum," January 2018) about how much a liquor store customer was charged for a 24-pack of beer, two 12-packs are what a retailer would suggest to that customer.

Did you know that minimum pricing on beer is the cost in Connecticut? Did you know that minimum bottle pricing on many wine and liquor items in Connecticut is cost as well? There are select items with minimum bottle pricing above cost, but that is not as often as you would think.

Stores price items to drive traffic. People are attracted by a 12-pack price. They've been trained that way. So that item is sold as a "loss leader" to drive traffic.

Matthew Whitney
Maximum Beverage of West Hartford
and Farmington

Middleton Recipe a Keeper

Thank you for introducing me to Faith Middleton via her Provençal herb-crusted beef tenderloin recipe ("Faith Middleton Food Schmooze," December 2017). The

hubby and I have made it twice since seeing it in the December issue. The meat prepared this way is heavenly delicious! The recipe is now in a protected jacket in my notebook.

Laurie J. Nelson
Southington

A Coffeehouse Suggestion

I couldn't resist adding Berkins Blend in South Glastonbury to the list of "You missed one!" in your best coffeehouses piece ("Coffee Break," October 2017). Aside from a compelling backstory, free Wi-Fi and computers for customers, Berkins serves up a truly unique cup of joe (their signature, proprietary blend from Portland, Oregon, to be exact) — as well as teas and smoothies. I've been to Berkins for coffee, but I've returned for the experience, which promotes a real sense of community and a relaxed vibe. Berkins also has great desserts and baked goods, and a terrific staff. As your list proves, there are lots of places in the state to get great coffee. Berkins offers that and much more.

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Wave of the Future

KELP AND 3D OCEAN FARMS COULD SAVE CONNECTICUT'S FISHING INDUSTRY AND LONG ISLAND SOUND FROM COLLAPSE

BY JOHN ROCHE

Seaweed farmer Bren Smith says that Long Island Sound is "ground zero for both ocean farming and a sea greens revolution." PHOTO: RON GAUTREAU / GREENWAVE

Spend any time speaking with fisherman-turned-local-seaweed-farmer Bren Smith and he'll surely plant two ideas in your head. First, he'll make a clear case that Connecticut has become the epicenter of the swiftly growing seaweed farming movement on the East Coast, if not the country. Second, he'll convince you that we should stop calling it seaweed.

"One of the most exciting things about the farming of sea greens, as I like to call it, is that it's reviving a core industry that goes back for centuries and generations in Connecticut, namely making a living from the water, but with an added twist," says Smith, who is considered the Johnny Appleseed of the new push for seaweed farming, both because of his passion for the field and due to the fact that he's leading so many others to join him in growing it, cooking with it, eating it and finding other new ways to use it.

"And who would ever have thought that Connecticut would be the ground zero for both ocean farming and for what I expect to be a sea greens revolution, but it is, and it's growing more and more into that role

every day," Smith says.

There are certainly signs that Smith is not alone in seeing seaweed farming as a wave of the future, with even bigger impacts to come. In addition to the increasing number of seaweed farms launched in the past few years in Connecticut alone, Smith's innovative approach to ocean farming was recently recognized by both *Time* and *Rolling Stone* magazines as inventions that will help shape the future.

One part of getting more people to appreciate the myriad ecological, economic and nutritional benefits of seaweed, Smith says, is to get people to drop the name "seaweed."

"I think the 'weed' in seaweed turns people off, because we generally think of weeds as a problem, a useless pest, if you will," Smith says, speaking by phone from the 1870s oyster captain's home he shares with his wife in the Fair Haven section of New Haven. "The exact opposite is true, so I try to get people to call it sea greens, which is a much more fitting name for all the positive stuff it does and can be used for."

As a food, kelp and other sea greens are

packed with nutrients, low in calories and carbs, and extremely versatile in how it can be incorporated into a meal — far more than as the paper-like wrap in sushi most Americans associate seaweed with. It can also be turned into biofuel, and used as organic fertilizer, as is the case with some of Smith's annual crop at a farm operated by Yale University. It's the second-fastest-growing plant in the world, yielding about 25 tons per acre of aquatic farmland every six months, he says.

These days, Smith happily has his sea-weathered hands full at the helm of his own underwater farm in 20 acres of water he leases from the town of Branford, and as the executive director of GreenWave, a nonprofit based in New Haven that promotes sustainable ocean farming, mitigates climate change and creates jobs. With assistance and support from GreenWave, eight new kelp farms have been established in Connecticut waters over the past two years, with plans in the works for about 10 more in Long Island Sound.

Smith's operations include a kelp-processing plant in eastern New Haven that

makes kelp noodles and other foods from freshly harvested sea greens and distributes them to an expanding number of restaurants in Connecticut and New York City. "For the most part, we grow sugar kelp, which has a unique, mild, slightly sweet flavor and when it's blanched in hot water, turns a really beautiful, appealing green," Smith says. "Right now, the demand for it is about 10 times what we're able to grow. Kelp is the next kale. Ten years ago, nobody really heard of kale or was cooking with it or eating it, and now it's in so many homes and all over restaurant menus. That's what's happening now with kelp."

Smith's personal journey to becoming a kelp farmer is a virtual microcosm of the long history and sudden crash of commercial fishing in Long Island Sound. "Like many, many fishermen in Connecticut and beyond, I thought I would spend my entire life chasing and catching fish," says Smith, who three decades ago dropped out of high school in his native Newfoundland to take a job on a fishing boat, eventually traveling around the globe in that profession. "But then because of overfishing, climate change and other factors, the ability to make a living by fishing just dried up. What happened to me happened to most fishermen, and eventually to the entire industry as we knew it."

Smith's interest in finding a new way to make a living on the water eventually led him to Connecticut, where he became a shellfish farmer. Then came the one-two punch of Hurricane Irene in 2011 and Superstorm Sandy in 2012, and, as was the case with most Connecticut shellfish farmers, Smith's crops of oysters, scallops, mussels and clams were decimated, and most of his equipment was lost.

"I was at rock bottom again, but I still felt there was some way to adapt and make a living on the water, and this time in a way that included both sustainability and resiliency," Smith says. "My search led me to the work of Dr. Charles Yarish, a globally

recognized expert in seaweed and seaweed farming at the University of Connecticut-Stamford, and I sort of intertwined his groundbreaking research with some of my ideas for sustainable underwater farming and came up with the 3D model."

The innovative 3D model for ocean farming employs hurricane-resistant anchors on the seafloor at the edges of the farm, connecting with ropes to buoys on the water's surface. Another rope runs horizontally about eight feet below the surface. The kelp is grown on ropes hanging down off the horizontal rope, creating a vertical growing space. "Next to the kelp, we're growing scallops and



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3D ocean farming, shown in an illustration below, allows for the growing of not only kelp, but also shellfish including scallops, mussels, oysters and clams.

mussels, also vertically, and then further down, we have oysters in cages, and then clams actually down in the mud," Smith explains. "The vertical-water-column approach reduces the farm's footprint, and the multiple species create a diversity so that a farmer is protected should anything cause one of those crops to falter or fail in a given season."

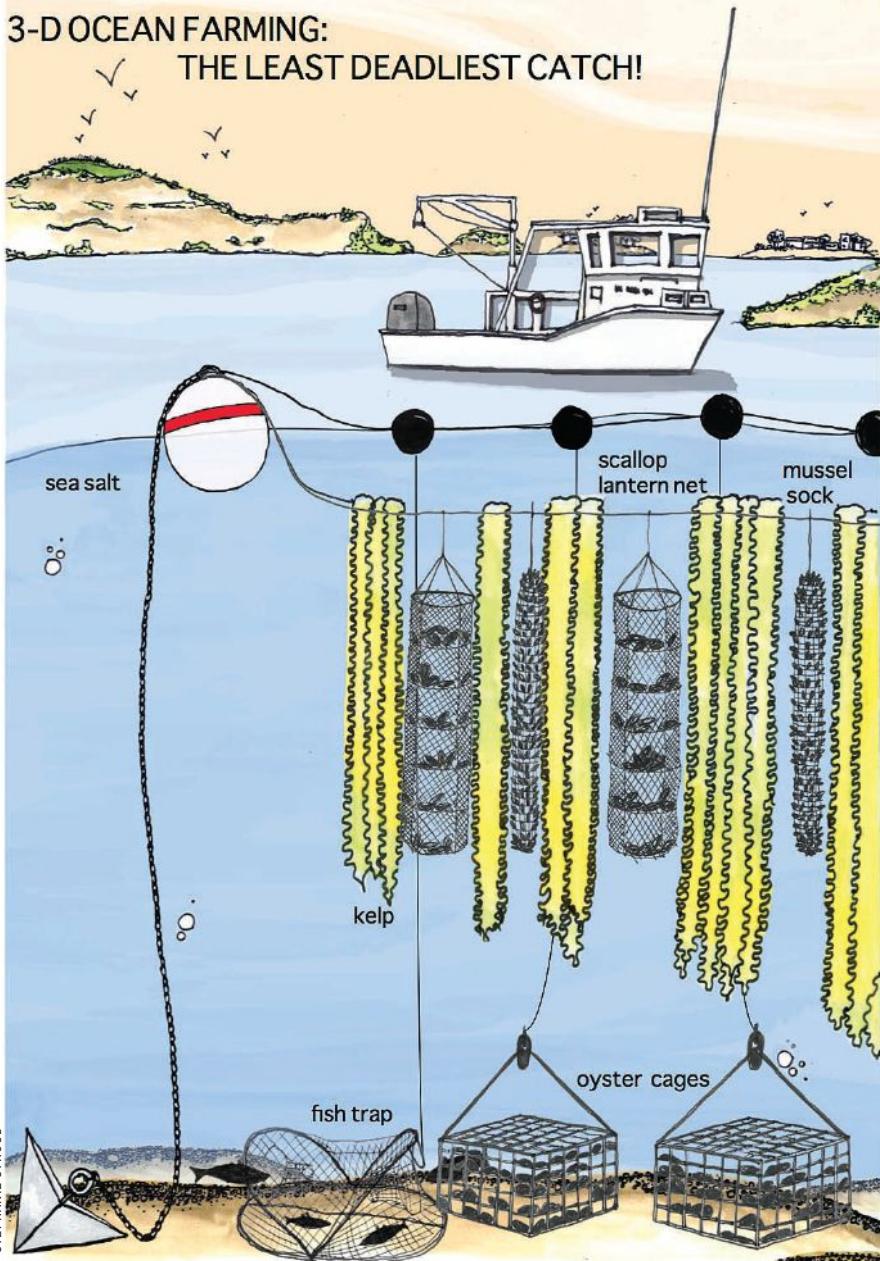
Robert Granfield, a second-generation commercial fisherman who became a clam farmer in 1998 when the region's fish supply began to tank, seeded his first crop of kelp in the waters off Milford this December with some guidance and assistance from GreenWave. "I wanted to diversify, and the more I learned about kelp, the more intrigued I became," Granfield says. "I spent my entire life as a hunter-gatherer on the water, chasing fish and chasing lobster. If anyone had ever asked me if I could picture myself as a seaweed farmer, the polite answer would be 'Hell no.' But yet here I am."

Another relatively new kelp farmer in Connecticut, Jay Douglas, said he and his wife Suzie jumped at the opportunity two years ago to try kelp farming, since it provided an additional source of income during the winter months when business at their marina in Pawcatuck slows down, while also being in step with their mission of stewardship of local waters. "There's so many positives to doing this," Douglas says. "It's creating a new revenue stream for us during winter, it's got the potential for a significant return on a relatively low investment, it's putting healthy food on people's plates, it's beneficial to the environment — it's more than a win-win."

Soundkeeper Bill Lucey, who last summer officially became Long Island Sound's top watchdog for the Connecticut Fund for the Environment/Save the Sound, views this innovative model for underwater farming as a major boost for the quality and health of the Sound, as well as the communities on its shoreline.

"Since underwater farming is a diversified aquaculture technique that utilizes a three-dimensional footprint, the species under cultivation can benefit others in the system by providing structure and nutrient cycling," Lucey says. "In other words, the 3D farms are microenvironments that also help wild species, such as providing cover for young finfish. If the scale of this farming grows to the point of a Sound-wide industry, it will have a great impact on cleaning up water quality and providing water-based jobs, thereby diversifying the economy."

3-D OCEAN FARMING: THE LEAST DEADLIEST CATCH!



Smith wholeheartedly agrees. "From a Connecticut standpoint alone, we're creating jobs, we're helping to transform struggling fishermen into thriving underwater 3D farmers. We're also helping the Sound, or any waters where we're farming like this. These farms need no input, no fertilizer, no feeding, not even any freshwater."

According to Smith, farmed kelp soaks up five times more carbon than any land-based plant, and seaweed and oysters are also incredibly effective at filtering nitrogen out of water, which both he and Lucey describe as extremely beneficial to the Sound on multiple levels.

"Our underwater farms function as storm-surge protectors, breaking up wave action to reduce the impact of hurricanes and rising tides," Smith says. "And they serve as artificial reefs, at a time when natural reefs are dying. My farm used to be a barren stretch of water, but now it's a restorative, flourishing ecosystem. With GreenWave, we want to replicate that, not only up and down the coast of Connecticut, but all over the world."

Lucey points to the longtime success, both environmentally and economically, that countries including Norway and Japan have enjoyed through seaweed farming, particularly kelp, and believes that Connecticut can lead the way to replicate those benefits in this country. The Soundkeeper explains that U.S. bodies of water, including Long Island Sound, that are suffering because of excess nitrogen from fertilizer runoff and other sources, can significantly benefit from restorative 3D underwater farming. "Nutrients (such as nitrogen) by themselves are not a pollutant — only excess quantities become pollutants," Lucey says. "With this type of aquatic farming, we can look at this excess as a resource and use it to feed seaweed and shellfish, which can then be extracted and produce both an income benefit and increased water quality as these nutrients are removed from the system."

A fish and wildlife biologist, former commercial fisherman and a longtime environmental advocate in places as far-reaching as Alaska and Hawaii, Lucey sees the growth of seaweed farming in Connecticut as a key part of a wider initiative to restore the overall health of Long Island Sound as it continues to face the effects of climate change, pollution and other environmental threats.

"As we clean up and reduce our landscape-scale nitrogen inputs through better farm practices, emission controls, lawn care, and sewage-treatment upgrades, these farms can play a vital role in the future of a clean Long Island Sound," he says. "That's what we're all working toward."

I first | **technology**

Empowering Women in Tech

AMID A MUCH-MALIGNED BUSINESS CLIMATE, FEMALE LEADERS TOUT CONNECTICUT'S NURTURING ENVIRONMENT FOR STEM INDUSTRIES

BY MIKE WOLLSCHLAGER

It's been widely reported in recent years that people are leaving our state in droves. Other than spending a little less time sitting in traffic, there are few positives one can take from that. The Connecticut Technology Council, a member-based organization that supports the tech ecosystem in Connecticut, is working on initiatives to not only keep people from leaving the state, but to attract people from beyond our borders to come here and join the workforce.

"The companies that are reaching out of state to find talent, once they identify the talent, the talent doesn't want to move to Connecticut for all the reasons that you know — in terms of our state budget, the cost of living, the opportunities for a social life," says Taylor Van Antwerp, the CTC's manager of talent and workforce programs. "From the outside looking in, it doesn't attract people."

One of the initiatives the CTC hopes will help reverse this trend is the Women of Innovation awards, the council's signature event which will be held at the Aqua Turf in Southington on March 28. "This is how we recognize and celebrate women tech or STEM [science, technology, engineering and math] leaders in Connecticut. Connecticut does have an amazing economy for tech companies and there are hundreds of women leading this workforce and it's not always recognized," Van Antwerp says.

While Connecticut companies haven't experienced the reckoning of the #MeToo and Time's Up movements in response to widespread sexual harassment on the level of Silicon Valley or Hollywood, that doesn't mean the playing field is level within the state's STEM industries. Rose Day, a winner of the CTC's Connecticut Skills Challenge initiative while a student at the University of Hartford, has witnessed this first-hand. "You always get looked at differently. When I worked at iDevices



PHOTO: HERSSL

Distinguished lecturer at the University of New Haven and former television and radio news anchor Diane Smith was the master of ceremonies at the 2017 Women of Innovation Awards.

[the Avon-based tech product firm] I was the only woman engineer that we had on staff, so at times people would forget I was there or not realize that a woman actually worked with them."

Day, a Torrington native who attended Oliver Wolcott Tech before heading off to UHart, is now in graduate school at Worcester Polytechnic Institute. After winning the skills challenge, she was asked to return to serve as a mentor the following year and is now on the committee that will select this year's winners at the 14th annual Women of Innovation awards. "When the finalists are announced, we're there at the end of it to say, 'Hey, we're the people here to support you. We're the women already working in this area. ... Women of Innovation also recognizes the younger students. It recognizes the kids in high school, it recognizes the college students and then it recognizes the women that are also out there in the workforce."

Hartford has long been known as the Insurance Capital of the World, but its reputation as a tech hub is a new identity. A recent Brookings

Institution report ranked Hartford No. 4 in the nation for technology. "The climate for women in Connecticut is relatively unknown. One, because no one thinks of Connecticut as a tech hub. But we are becoming a tech hub," Van Antwerp says. "We have a great, supportive climate for women leadership and that continues to grow. There are several women-owned and/or women-led tech firms in Connecticut and I think we need to support that and celebrate that."

Susan Froshauer, Yale entrepreneur in residence and a Women of Innovation finalist in 2005 and 2006, in addition to being a current committee member, is one of those women. "Connecticut is a place where I go to events and meetings and there's always a bunch of women around the table," Froshauer says. "When I was doing my own company, and certainly for years in the very early days at a place like Pfizer, that was not the case." Froshauer lauded the extraordinary progress that has been made in our state, pointing out that women are leading companies and universities here at home and are down in Washington as legislative and congressional leaders.

She also extolled mentoring systems currently in place, in which women such as Janis Collins of Westport-based The Refinery, a business accelerator with a mission to fuel the growth and close the funding gap of women-led companies, are coaching female CEOs of start-up companies. "The funding step is often the problem, because women have historically had a hard time getting their companies funded. Since we have specific programs in Connecticut targeting that, we're in really fine shape," Froshauer says. "We have a lot of really wonderful women CEOs. When I did my company there were none, almost U.S. wide."

Van Antwerp says the women-empowerment movement in Connecticut in STEM fields is quite strong. With events such as Women of Innovation, the CTC is hoping to promote that, and ensure continued growth in the future.

"I think CTC, with this event, has been out in front," Froshauer says. "I don't know how many states have events where they specifically recognize a broad spectrum of women with serious, high-end accomplishments in their professions. It's wonderful; you just sort of sit there with your mouth open listening to what folks have done."

For more information or to register for the event, go to ct.org.

| first | person

He Wants to Be Oprah

NEW HAVEN COMPOSER-ACTOR DOUGLAS LYONS
IS ON A MULTI-PURPOSE FAST TRACK | BY FRANK RIZZO

Douglas Lyons stood at the back of the Goodspeed Opera House, intently aware of every breath, squirm and sigh from the audience that was there for the staged reading of a new musical, *Five Points*.

The show, for which he wrote the lyrics and co-wrote the music, was one of three that were a part of Goodspeed's Festival of New Musicals, which every January gives an opportunity for emerging talent to develop their material and present it to a paying audience.

The next morning, the New Haven-born-and-raised Lyons, 31, was beaming beneath one of his signature hats — this one a sporty, purple flat-topper — before going back to work with his collaborators, composer Ethan Pakchar and book writer Harrison David Rivers.

"I was terrified of the audience reaction to the show because this was an older crowd and the show had a lot of contemporary music," he says, adding that the response was encouraging.

Set amid the draft riots of the Civil War, the show centers on communities of blacks and Irish immigrants in Lower Manhattan and the inspired-by-real-life dance battles between the two groups. Think Scorsese's *Gangs of New York*, mixed with *Riverdance* and *The Tap Dance Kid*.

Five Points will premiere this month at Theater Latte Da in Minneapolis. But it's just one of many projects the multi-hyphenate Lyons has on this year's calendar.

He and Pakchar are commissioned by Seattle's Fifth Avenue Theater to write '64, a musical about the first integrated Jewish and African-American fraternity. A reading was presented in February.

There's also the national tour that starts in the fall for his children's show, *Polka-Dots: The Cool Kids Musical*, which has received productions independently around the country. (Lyons will also stage the show May 12-20 for West Hartford's Playhouse on Park.)

Also in May, *Pete(Her) Pan*, featuring his lyrics and co-composed score, will receive a workshop at the New York Theatre Barn. "The idea of the show is that you don't have to dress up as a boy to be the hero," he says. "It also has a calypso-meets-jazz score. It's pretty funky, but anything I do is pretty funky."

As for his acting career, Lyons quickly got gigs after graduating in 2009 from



PHOTO: SHANI HADJIAN

the University of Hartford's Hartt School in the national tour of *Dreamgirls* and at many regional theaters. Then he made his Broadway debut in *The Book of Mormon*, followed by a run in the hit *Beautiful: The Carole King Musical*. (In both shows, he shared the stage with fellow Hartt grad Kevin Duda.)

His composing interest began after "a bad romantic breakup in the start of 2012" when his parents bought him a guitar. When he went on the national tour of *Mormon*, he asked Pakchar, who was on the pit band, to teach him to play the instrument. A professional musical partnership began.

An 11-song album, *#LOVE*, resulted, which Lyons describes as "a milkshake of theater, pop and R&B music."

As an only child growing up in the Fair Haven section of New Haven, Lyons was always singing at home, church and school. (His mom is still a minister at the Thomas Chapel Church of Christ; his father owns a transportation business.)

But he was interested in sports, too, playing soccer, baseball and basketball. Though he played a young prince in the Yale Rep production of *Galileo*, theater was not as familiar to him. "I didn't even get my first Broadway cast recording until I went to Hartt."

He was intrigued by theater when he saw the national company of *Rent* at the Shubert Theatre when he was in high school. And seeing *Cats* also made him think: "This is a lifestyle? How do I do that?"

In his senior year he played Tony in his school production of *West Side Story*, which pitted young Puerto Ricans against African-Americans, instead of white kids. He was hooked.

Hartt, he says, doesn't train students "to be cookie-cutter folks, but good actors." Despite his immediate success after Hartt, he soon realized "there are four or five major casting directors and they all have an idea of what they *think* you can do. But you are limited by someone else's imagination."

In writing and composing he discovered independence.

"So, if I have a gift, why should I spend the rest of my life auditioning when I can provide jobs for other people?" Lyons asks. "I have that ability and now I'm living it. I would love to open a production company some day. I would love to get into TV and film as an actor and as a writer. I want to be Oprah. I honestly do."

He says he's had meetings with major film, television and animation execs, but believes talking about any projects is premature.

"But one of my goals is to get *Polka-Dots* made as an animated film or series," he says.

Still, he's not waiting for the phone to ring.

"I'm not the type of person who waits for someone else to do something," he says. "I don't have the luxury of waiting to be discovered."

douglaslyons.net

| first | the reading room

FREE THE BEACHES: THE STORY OF NED COLL AND THE BATTLE FOR AMERICA'S MOST EXCLUSIVE SHORELINE

by Andrew W. Kahrl

Yale University Press

352 pages, 2018

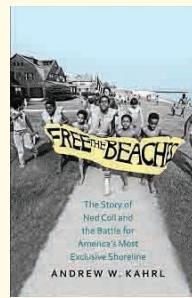
In the early 1970s, a stretch of only seven miles of Connecticut's 253-mile shoreline was open to the public. The rest was in the hands of property owners and private-beach associations

that restricted beach access to the mostly wealthy, white inhabitants of Connecticut's shoreline towns.

For several years in the '70s and '80s, a Hartford anti-poverty activist

would take busloads of black children from

Hartford down to the shoreline to protest the restriction of access to the beaches. University of Virginia history professor Andrew Kahrl tells the story of the struggle to liberate the beaches in this, one of the most unequal states in America in terms of income disparity. The successes and failures of the activists give us plenty of lessons today. | MICHAEL LEE-MURPHY |



NEW ENGLAND'S GENERAL STORES: EXPLORING AN AMERICAN CLASSIC

by Ted Reinstein and Anne-Marie Dornin

Globe Pequot Press

208 pages, 2017

Folks with a sense of nostalgia and an appreciation for authenticity will enjoy this page-flipper that highlights 25 or so classic general stores throughout

New England. But juxtaposed among the good-old-days reminiscing is lamentation that "however historic, these are not museums. They live, seemingly as endangered species." An unfortunate example: The Putney General Store in Vermont was included in the chapter titled "Unsinkables." Right before the book went to print, it sunk. Connecticut contributions contained in these pages are the Cornwall Country Market and the Colebrook Store, with a sidebar on the Newtown General Store and the role it played in the aftermath of the Sandy Hook shootings. Owner Peter Leone calls it "a kind of community center." And that's really what this book, and the general store, is all about. "Where small-town greens still framed the sacred and the secular — a church, a library, a general store — and where, in each one, they still took the time and the interest to remember your name." | MIKE WOLLSCHLAGER |



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BY MICHAEL LEE-MURPHY



Above: Students in Mary Beth Clayton's class. **At right:** Teacher Jennifer Maloney, top, and student Sherly Guerrier.



Sisters of Mercy

MERCY LEARNING CENTER TEACHES ENGLISH-LANGUAGE LITERACY TO BRIDGEPORT'S IMMIGRANT WOMEN

A twin stroller tied up outside the hulking brick building of Bridgeport's Mercy Learning Center tells the story of the hard slog of immigrant women. There are women who might work a 4 a.m.-8 a.m. shift at the train station, selling doughnuts and coffee to the bankers who commute to New York City and Stamford. Then they might go to a nursing home to work a full shift, looking after other people's families. Then they might go to a night shift at a bank or office building, cleaning the mess left by the employees. Then, then, then.

In between all that, these women will come to this former Catholic school on Park Avenue tucked under an I-95 overpass to learn the English language, and study for a high school diploma. The classes are free, and taught by volunteers, and there are a litany of other services. In addition to a small army of tutors, the MLC has volunteers in the fields of midwifery, nursing, social work, immigration and so on. The vast majority of the women are between the ages of 25 and 44, according to President and CEO Jane Ferreira, who has been at the organization's helm for 16 of its 30 years. She says that it is not uncommon for the women who use the program to work two or three jobs in between raising children and taking classes.

In 2017 some 950 women, hailing from 47 countries, attended literacy classes at the MLC. In Mary Beth Clayton's Adult Beginner 1 class, women from El Salvador, Haiti, Afghanistan and countries across Latin America are studying basic fractions. The last year has provided a new set of difficulties. The rhetoric directed toward immigrants has hardened. In January, President Donald Trump reportedly referred to a broad swath of the world — places from which MLC draws its students — as "shitholes." Clayton, for her part, apologized to her students on behalf of the leader of her government. Ferreira says that in addition to the

work of literacy training, their mission is also one of reassuring the women about their place in American society. "You're safe here. ... No one can fault you for this," she says.

This year is the 30th anniversary of the organization, founded in the late 1980s by two Sisters of Mercy. While today the organization has no particular connection to the Catholic Church, it retains the ethic of the corporal works of mercy, a belief that by providing for the material needs of others, one can achieve a condition of grace. The organization's slogan is *educate a woman, educate a family*, and Ferreira and the volunteer tutors believe that literacy in a family flows from the mother. In addition to the adult-literacy classes, there is a full-service pre-kindergarten childcare facility, which also prepares children to go into the schooling system. Through her years in the organization, Ferreira estimates that about 80 percent of the women have been the survivor of some type of abuse at the hands of men. The all-female student body creates a level of safety and comfort.

For Sherly Guerrier, originally from Haiti and a student in Jennifer Maloney's GED preparation class, the MLC is a refuge. "When you feel down, you come here [and] you will always find somebody who will ask you questions, and will show you that you need to pursue your goal," Guerrier says. "You don't feel like you are rejected by life. Here it's a family."

The MLC receives no state or city funding, and primarily relies on individual donations, alongside a smattering of foundation funding and a small federal grant. Those interested in helping MLC's work can make a contribution, or volunteer as a tutor.

mercylearningcenter.org

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to mmurphy@connecticutmag.com.



PHOTO: ARNOLD GOLD

Duo Dickinson, left, and Steve Culpepper are the co-authors of the book *A Home Called New England*.

The Way We Were

A REGIONAL 'SCRAPBOOK' PROVIDES A LOOK AT CONNECTICUT'S HISTORY, ARCHITECTURE AND PEOPLE

Duo Dickinson and Steve Culpepper didn't want to write a basic history of New England. Instead they decided to co-write a "tapestry" of the people, places and homes they find interesting and that make this region of the country unique.

A Home Called New England: A Celebration of Hearth and History (Globe Pequot Press) tells us about the "peculiar people" who settled here but used their Yankee ingenuity to thrive.

We all know about P.T. Barnum, now even more in the public eye because of the hit movie *The Greatest Showman*. But Culpepper and Dickinson tell us in a four-page spread that Barnum wasn't just a circus promoter; he fought for voting rights for blacks after the Civil War. (It's also true he made plenty of money touring

with a "161-year-old" black woman named Joice Heth.) Barnum also was mayor of Bridgeport and went to prison for defaming a local deacon in Barnum's newspaper, the *Herald of Freedom*.

Dickinson and Culpepper are not so admiring of Elihu Yale, whose rather modest contribution was enough to have Yale College named in his honor. The authors describe him as a "self-enriching Londoner" who "tossed some (32) books and a pot of loot across the Atlantic" in 1713. They write: "His greedy, over-the-top side dealing (or more likely double-dealing) got him fired from the East India Company" in England. He spent more time there than in New England.

Dickinson particularly enjoyed researching the colorful life of Frederick

Law Olmsted, the landscape architect who is famed for co-designing New York's Central Park, San Francisco's Golden Gate Park and many other iconic public places. But he had to turn down Yale's offer to come there at 18 because of sumac poisoning of his eyes, so he became a self-described "vagabond" and "dabbler."

"For about 20 years of his young life he was mostly a failure!" Dickinson says. "Then he got that Central Park commission and after that he got all the other commissions. He was just an amazing dude."

Dickinson, who was raised in suburban New York, and Culpepper, from Louisiana, talked about their affection for New England when we got together at New Haven's Institute Library. This was a fitting site for our topic; it was founded in 1826

and is one of America's oldest private-membership libraries. Its old fixtures exude the past.

A Madison-based architect, Dickinson freely admits, "We're not historians." Nor are they native New Englanders. "But it's because we've been in this region for just 30 or 40 years that we appreciate it on a different level."

"We see it with different eyes," says Culpepper, who has done newspaper and book publishing. He now lives in New Haven near historic Wooster Square, an easy walk from the library.

Dickinson, who has traveled widely across America for his architectural projects, says, "New England is incredibly rich in what it offers, but people who live here don't know how great it is. A woman from Texas told me: 'I love New England! There's so much visually and culturally. History is present everywhere, all the time. That's not true in other places.'

Indeed, motorists routinely cruise past the Henry Whitfield House near the Guilford Green without realizing what they've got there: the oldest house in Connecticut and New England's oldest stone house. The beautiful structure, built in 1639, graces the cover of *A Home Called New England*. The authors write that it was periodically restored, became the state's

first museum in 1868 and continues to operate today as a window into our past.

Culpepper and Dickinson also showcase more modern historic treasures, such as the Merritt Parkway, another gem we often take for granted as we hurry to our next destination. They write that "what made the Merritt so special in its day was its parklike beauty" and "a moving slideshow of architecture" with one-of-a-kind decorated bridges. Although the parkway was built in the 1930s, most of the original bridges are still in place.

The book offers many evocative photos, sometimes (as in the case of the two-page Merritt treatment) not leaving much room for detailed information.

"It's unconventional," Dickinson acknowledges of the book's approach. "It's not a guidebook, it's not a history. It's a tapestry, a scrapbook or catalog of history."

The authors realized from the start that a more comprehensive history would have required hundreds or even thousands of pages. (Their book has 295.) But Culpepper says, "It shows the scope of human history in this little corner of the world. The idea was to show what life was like, how people lived from the beginning of time in North America."

And so they devote chapter one, "Before the Ships Arrived," to Native Americans

and their culture. Maps and diagrams as well as photos help tell their story.

Dickinson said that too often books about New England "start with the Pilgrims. But it did not start with the Pilgrims!"

In their introduction, the authors write that their "scrapbook" offers "a tour of then and now in this cold, frequently standoffish, somewhat distant and memory-prone northeastern neck of the United States." Asked if they meant the people or the weather are cold, Culpepper says, "It's a cold climate." But Dickinson adds, "There's a natural sort of diffidence."

During his travels in other regions, Dickinson says, people always say to him, "Y'all in New England are just weird. At a party or dinner, the first thing you ask is: 'What do you do?' We ask: 'How are you?'"

Dickinson laughs and says, "Our Calvinist work ethic is palpable."

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays. He enjoys his New Haven neighborhood, running through the city's streets and parks and hanging out in its coffee shops. At home he plays his many 1960s and '70s rock 'n' roll albums and CDs.

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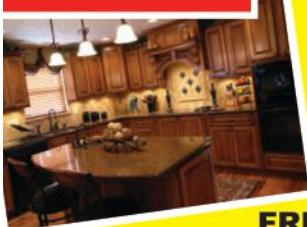


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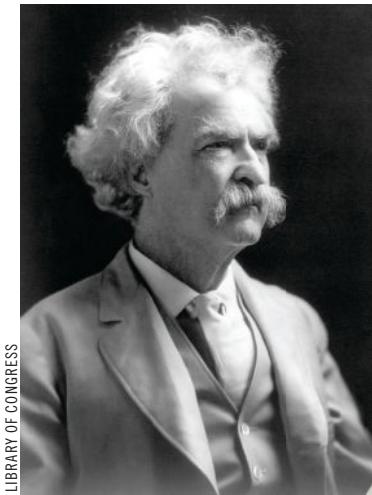
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ST. PATRICK'S PARADES

It's that time of year again. You might take a look at our favorite bars (page 47), but if bars aren't your thing or you've got minors in tow, there's a broad selection of **St. Patrick's parades** and gatherings to attend, all over the state. **Stamford** (March 3) and **Norwich** (March 4) kick off the parade season, followed by **Hartford** and **Essex** (both March 10), **New London** and **New Haven** (both March 11), and, finally, **Mystic** (March 25). St. Patrick's Day itself comes March 17.





LIBRARY OF CONGRESS

▲ SPOOKY TWAIN

One of Hartford's most famous sons, Mark Twain had a fascination with the supernatural and the para-spiritual. Head to the Keeney Memorial Cultural Center in Wethersfield on March 20 at 7 p.m. to hear historian Jason Scappaticci's lecture on **Twain and the Supernatural**, or, as event promoters describe it, Twain's "dabbling in the supernatural craze of spiritualism." Admission is \$5. cedarhillfoundation.org

QUIZ SHOW

The long-running comedy/news/quiz show from WBEZ Chicago and National Public Radio, **Wait Wait... Don't Tell Me!**, finally comes to Hartford on March 15, in what is a great month for the Bushnell. Listen to all your favorite panelists try to digest what feels like an unmanageable amount of news each week. Check online for tickets. bushnell.org

▼ REAL NEWS

People are following journalism on a daily basis more than perhaps any time since the Watergate scandal of the early '70s. Journalism is driving the conversation in unfamiliar ways. Does the media do a good job? On March 16, heavy hitters from the news media — (*from left*) Joy Reid of MSNBC, David Fahrenthold of the *Washington Post*, and radio host Hugh Hewitt — convene under the auspices of the Connecticut Forum at the Bushnell in Hartford to discuss the **State of Journalism and the News**, moderated by Connecticut Public Radio's John Dankosky. Tickets start at \$15. ctforum.org



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| this month | the short list

◀ HOW DID I GET HERE?

The legendary art-rocker **David Byrne** is coming to the Palace Theater in Waterbury on March 9, touring in support of *American Utopia*, his first solo studio album in 14 years. The former frontman of new wavers The Talking Heads, Byrne is one of those rare performers whose music appeals to people across several generations, whether you're 70 or 17. palacetheaterct.org

See March 2018 calendar listings at connecticutmag.com/calendar



DARE TO BE STUPID

The perspective of the absurd is as important now as it ever was. One of the premier absurdist performers of the last 30 years is, without a doubt, **"Weird Al" Yankovic**. He brings his odd brilliance to Foxwoods on March 2 for his Ridiculously Self-Indulgent, Ill-Advised Vanity Tour. foxwoods.com

PHOTO: KYLE CASSIDY

| this month | front row

The English Beat is one of the better bands to come out of the 1980s ska revival in England, with hits like "Mirror in the Bathroom" and "Stand Down Margaret." Ahead of the release of the first English Beat album in 30 years (expected this spring) and a March 21 date at the Ridgefield Playhouse, lead singer **Dave Wakeling** talked politics and music.

You're getting ready to release *Here We Go, Love*, your first album in 30 years. Is that right?

It's the first one under The Beat name. There have been some General Public records and other little bits and bobs in the interim, but the first under the English Beat flag name, yes. So quite a serious matter. [laughs] Serious fun. Everybody's sitting there listening to reference masters and deciding is there enough bass or is there enough this, that and the other. It sounds wonderful. The songs sound just like they do in my head. Once you get involved in the songs, you can't see the wood for the trees, all you're doing is pruning trees, and, "Oh, look at that one; that branch is not nice." But then when you sit back a bit, you can see the wood again. We've managed to get a decent spread of styles, from a fairly frantic couple of punk ones to a very weedy ballad to a slow reggae. The full gamut.

Have you played Ridgefield before?

I had to do a thing for a guitar magazine in England where you get to pick your own band, your dream band. So it was me, [Rolling Stones co-founder] Brian Jones, John Lennon, [jazz and big band drummer] Gene Krupa, and Mozart on keyboards.

I think *that* lineup could play Ridgefield. It looks and sounds like that kind of erudite elegance. I'll see if I can get them as the opening act.

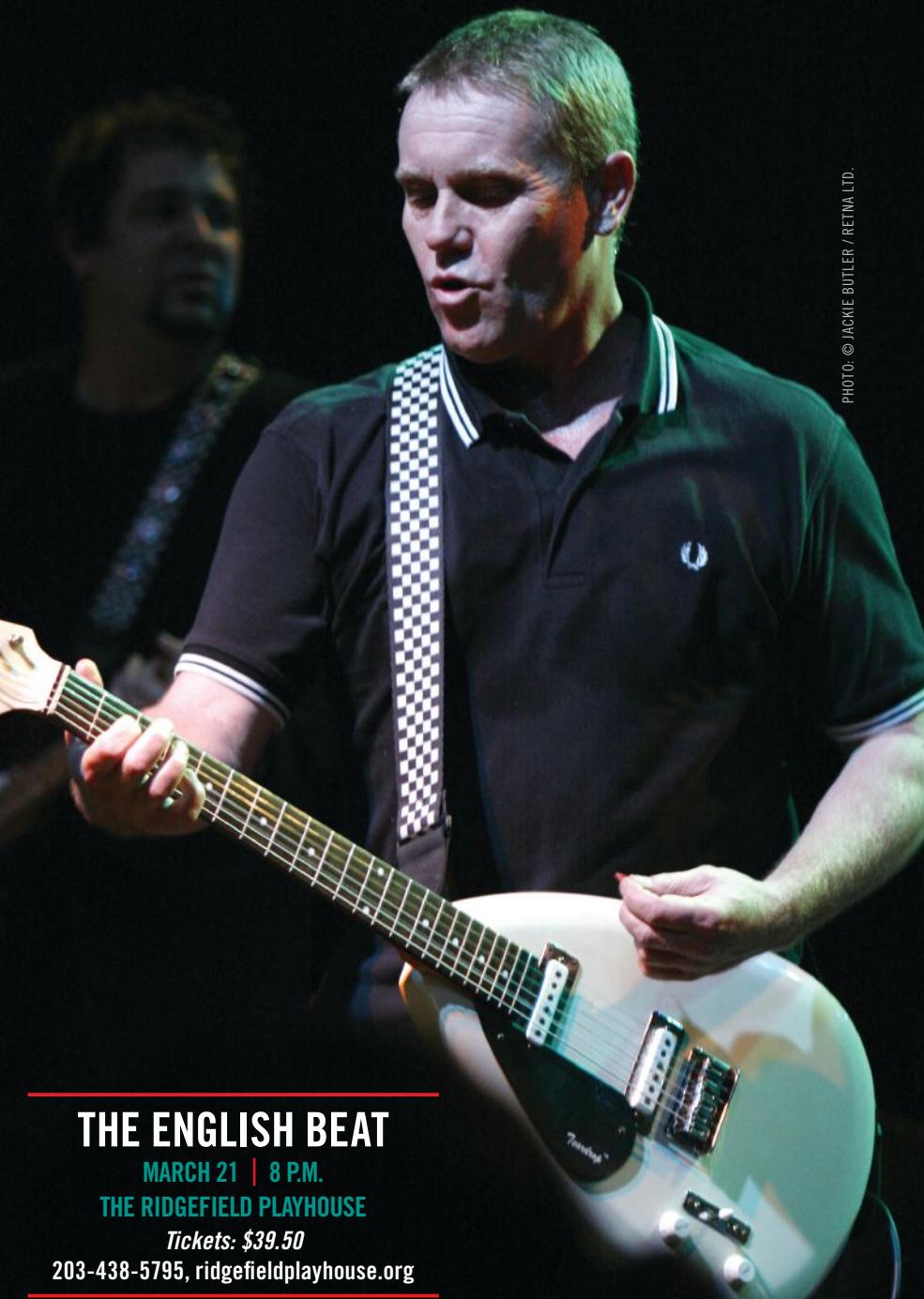
When The English Beat broke through in the early 1980s in Birmingham, you had fascists marching in England and Margaret Thatcher in power, and your band was this interracial band playing Caribbean-influenced music. We've got white supremacists marching openly for the first time in a generation in this country. Do you see parallels between the early 1980s in England and today?

I think things are cyclical. I remember being surprised that there was a space for white supremacy in the '80s when it reared its ugly, neanderthal head. (What always strikes me as the saddest is the white supremacists always seem to pick the ugliest and the stupidest ones as their leaders. You'd want to hang your head in shame. Really? Supreme what? Supreme prat.) It is awful. You can see where it comes from. People are a bit scared, people are scared of multiculturalism. Although it looks really dangerous at the moment, there's a lot less people being killed every day than there used to be around the world. Though you see a lot more of it on the television.

So does the new album have a "Stand Down Donald" type track on it?

Yes, but it's not quite as overt, so there's no "Stand Down Donald." He'd need to learn to stand up first. [laughs] I don't worry about him too much, I worry about the Donald Trump in all of us. The people who voted him in are desperate enough, thinking that would get them work. There's a song called "If Killing Worked, It Would Have Worked By Now." It's sad for our children, who hope to fit within the cycles of war that none of them are going

to get called up to have their legs blown off and have a parade, and then get left to die from depression as soon as the cameras are turned off. And [governments] always make up that they're going to look after veterans but they don't and they don't want to. They want veterans, and particularly injured ones, they want them to die soon and not later because they don't want them around as an example to the population about what it's really like. So they've never looked after veterans and it's on purpose. | **MICHAEL LEE-MURPHY** |



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PHOTO: © JACKIE BUTLER / RETNA LTD.



Hop on the Vermonter train in Meriden and at several other Connecticut stops.
PHOTO: MICHAEL LEE-MURPHY

I like driving more than most, I think. I usually have no problem with a good four- or five-hour drive. Sometimes, though, it's lovely to leave the car in place for a while, and not have to think about gas and dashboard lights. So I thought I'd try an experiment: Where could I go for a weekend away without the use of the car? In picking a destination, I wanted a place to get to by train that I'd never really explored before, and I was hoping for a bit of outdoor beauty, a bit of spirit, a bit of quirk, but also a bit of quiet. Vermont, naturally. I needed a town that would be dense enough to experience it on foot, and with enough stuff to stay occupied. I've spent a good amount of time in various places in the Green Mountain State over the years, but never in its capital city, so I bought a ticket for Montpelier.

The Amtrak Vermonter train runs once a day in each direction between Washington, D.C., and St. Albans, Vermont, just south of the Canadian border. The train stops in Stamford, Bridgeport, New Haven, Wallingford, Meriden, Berlin, Hartford and Windsor Locks on its way through Connecticut. I caught the train on a Friday afternoon in Meriden, and made plans to

come back Monday morning, making for a decent long weekend. The weekend of my trip, the pay-to-park technology at the Meriden station was not up and running, so parking was free. The train, as frequent Amtrak riders could have predicted, was about a half-hour late from its posted arrival of 1:50 in the afternoon. (This is not bad, the train having come all the way from D.C. Amtrak is about getting from A to B, but not necessarily getting there at an appointed time.)

By the time you get settled in your seat, the departure and arrival times begin to matter less and less. Unlike driving, there is no stress of managing your own speed, stops and avoiding traffic. You simply go.

It's been said and written many times, but trains inspire a different relationship to landscape, to physical space. Perhaps obviously but perhaps not, you can look to the side and not to the front. You don't have to read signs and tail lights, but can read buildings, factories, fields, rivers and mountains. Through Connecticut from the window of the train, there is a different view than the ones we are used to. A railway is a thread that strings together communities like the highway does, but it is an altogether

LOOKING FOR A WEEKEND ESCAPE TO THE GREEN MOUNTAIN STATE? RIDE THE VERMONTER TO THE CHARMING CAPITAL OF MONTPELIER.

BY MICHAEL LEE-MURPHY

different thread, cutting through the landscape along unfamiliar trajectories. You might see the old manufacturing areas, mostly shielded from the view of the highways or even the major arteries. You might see the homeless encampments under the highway between Springfield and Holyoke. There is the tremendous, overwhelming schadenfreude of rocketing past a traffic jam on 91 near Springfield.

The free Wi-Fi is pretty stable, so as the train begins to speed up north of Northampton through the Pioneer Valley toward the Vermont border and night begins to fall, you can turn to your screens, if you want.

There are plenty of excellent towns along this route in which to spend a weekend. Springfield is soon to have a casino. Northampton has music and lots of college bars. Brattleboro has a great mix of local businesses, and a homey feeling which it shares with Montpelier. As plenty of bumper stickers across the state are fond of announcing, Vermont did "local" before "local" was cool. The whole state is free of billboards, which have been prohibited since 1968 to preserve the state's natural beauty. Montpelier has no Starbucks or McDonald's in its downtown. (We can forgive its Dunkin' Donuts.) The packed spot on a Sunday morning, rather, is Capitol Grounds Cafe on State Street, which serves the best bacon, egg and cheese sandwich perhaps anywhere, possibly owing to the local ingredients.

Capitol Grounds is steps away from the intersection of State and Main streets, which forms the central junction of Montpelier. Within a block or two of the crossing there are two movie theaters, two bookstores, a record store, a half-dozen bars, and more than a dozen places to eat. This proliferation of moments of contact with others gives Montpelier the feeling of a town much bigger than it actually is. (Montpelier's population is 7,500.)

Spring!

Just around the corner at The Bowerbird



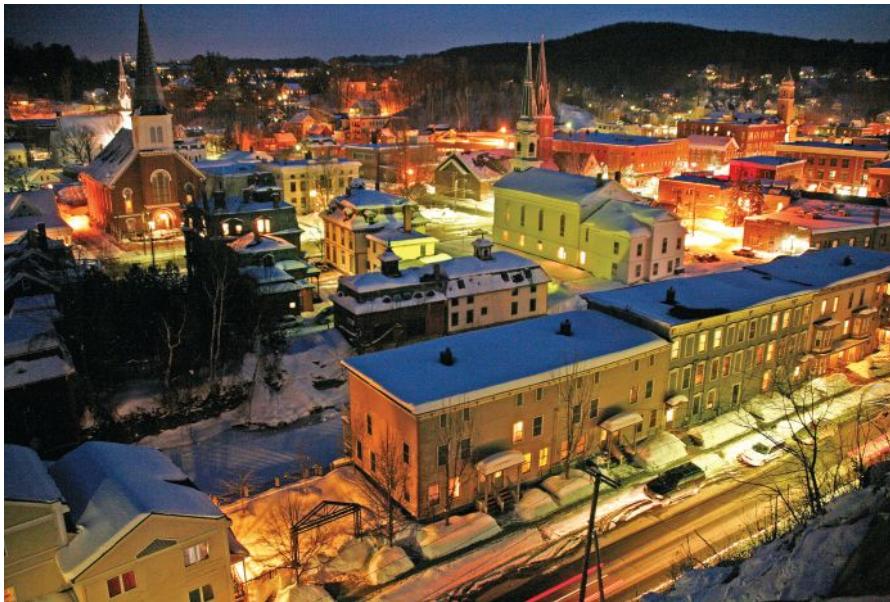
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Charlie O's is a classic dive bar, with some pool tables and a good jukebox, usually the last bar open in town on a given weekend night. Beer nerds should check out the Three Penny Taproom as, again, Vermont did local and craft beer before the rest of the nation caught on. The Langdon Street Tavern offers more pool, and more beer. Sweet Melissa's is that great kind of bar that is just weird enough without being too weird, with local live music to boot.

During the day, there are plenty of local hikes and walks to go on. I recommend the walk up to historic Hubbard Tower behind the State House, which alone is worth a visit. There are a number of bed and breakfasts and country-style inns in Montpelier, along with more traditional hotels. I opted to stay in an Airbnb within walking distance of the corner of State and Main. A quick search



Montpelier is anything but sleepy at night. PHOTO: ANNIE TIBERIO CAMERON, ANNIECAMERONPHOTOGRAPHY.COM

on Airbnb will turn up any number of options for travelers.

Even though it's a short train ride away, Vermont can feel like a world away, where the march of industrial international capitalism has been somehow stopped at the state's borders. In *Radio Free Vermont: A Fable of Resistance*, environmentalist Bill McKibben's debut novel out this past

is about 2 miles outside of Montpelier, but the Green Cab taxi service was prompt and cheap. The train between central Connecticut and Montpelier was just under six hours. Brattleboro is about three hours. Tickets on the weekend I went were about \$100 round trip, more expensive than the gas would have cost. What you lose in cost you gain in relaxation and true escape. ■

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December, he dramatizes that very notion. In one of the opening scenes, a band of balaclava-ed but friendly Vermont separatists temporarily detain a Coors Light truck, pour out the Coors and replace it with local Vermont beer before sending the driver on his way.

Montpelier is a great place to get a blast of that attitude, and there's no better way to get there than by train. The Amtrak station



A scene from
Nadir Balan's exhibit
*The Courier: Tales
from the Great War*

IMAGE COURTESY OF NADIR BALAN

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100 YEARS AFTER THE END OF WORLD WAR I, THE NEW HAVEN MUSEUM'S BOLD, COMIC BOOK-STYLE EXHIBIT ILLUSTRATES A LOCAL MAN'S EXPERIENCES IN 'THE GREAT WAR' | BY MICHAEL LEE-MURPHY

The historian Eric Hobsbawm referred to the years between the start of World War I in 1914 and the fall of the Soviet Union in 1991 as the "short 20th century." The point of the construction is that many of the political, social, economic and cultural trends that shaped life in the 20th century have their roots in the First World War and its immediate aftermath. From the technology used in the war, to the political geographies created by the settlements that ended the conflict, the Great War is in many ways the birth of modernity. To understand the horror of the war is to understand the century that followed.

This year is the centennial of the 1918 armistice that ended World War I. In light of the anniversary, the New Haven Museum has put together an excellent exhibit, *The Courier: Tales from the Great War*, reflecting a local man's story that reaches out across time into the present.

In 1917 Philip English, the son of a prominent New Haven family, enlisted in New Haven's 102nd Regiment, attached to the 26th Infantry "Yankee Division," composed of soldiers from across New England. English worked as a courier, ferrying messages across the front throughout the war, and kept a meticulous diary and scrapbook of his experiences. In 1976, English donated the diary to the New Haven Museum's archive. In order to bring the diary to life, the museum has commissioned local comic book artist and graphic novelist Nadir Balan to illustrate it.

Through his background — both personal and artistic — Balan is the perfect person to illustrate the diary, this bridge between the local and the global. An artist living in New Haven with a fresh but classic comic book style, Balan was born in Turkey and describes himself as a World War I buff. (The end of the war is usually cited as the birth of the modern Turkish state after the collapse of the Ottoman Empire.) Balan also points out that the "isms" — communism, capitalism and fascism — that have defined our lives were born during or in the rubble of World War I.

The exhibit consists of five 4-by-6-foot panels, each illustrating passages of English's diary, as chosen by Balan. By Balan's pen and artistic vision, the lines are clean and forceful, erupting toward the viewer in classic comic book style. The first panel starts the story in

New Haven, as English and his brothers-in-arms march off toward war, heads held high, with scenes of New Haven mobilizing for the war stretching out across the background. Students of New Haven history will spot iconic scenes from the city's past, including the tents of soldiers at Yale Bowl waiting to head to Europe, and the Winchester Arms factory cranking out munitions. Behind the young soldiers marching off to battle, brimming with excitement and waving flags, there is a mother, choking back tears. One gets the sense that she alone knows the horrors to come.

In subsequent panels those horrors begin to make themselves clear, as frightening images start to appear. Gas masks, bayonets and trench knives, the iconic and brutal paraphernalia of Europe's killing fields, start to appear. New Haven is gone and in its place we have Europe in the midst of its great self-mutilation.

While Balan's figures and scenes are all in black and white, the panels are bathed in a glaring red, shouting and setting the viewer slightly at unease. As the viewer moves through the panels, and the scenes become more frightening, the red begins to become more glaring, more unmanageable, intruding on the scenes. Balan says that the world was "shocked into modernity" by the bloodshed of the war, and the red of his compositions shocks us similarly.

The exhibit is accompanied by a stunning collection of historical photographs of New Haven, to append the fantastical illustrations of Balan. The exhibit is on display through Nov. 11, the 100th anniversary of the armistice that brought the war to a close.

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Musicals Become Her

“People are going crazy over it,” **Kristin Chenoweth** told me over the phone from a break in the filming of an episode of the CBS comedy *Mom*.

The Broadway and television star was talking about reaction to the news of a new musical based on the 1992 cult film classic *Death Becomes Her*, which starred Meryl Streep and Goldie Hawn. “I think we’re going to be doing it right,” says the actress, who will be playing the Streep role. Chenoweth was only too happy to say the role’s iconic line: “Now a warning?”

After starring in musicals such as *You’re A Good Man, Charlie Brown* (for which she earned a Tony Award) and *Wicked* (Tony nomination), can she tell a future hit or not?

“The answer is no,” she says, “but what I’ve learned is I’ve got to do what pleases me and what is going to make me better — and have fun, too. Those are the qualities I think about now when deciding on doing stuff. Yeah, I want it to be a big hit and obviously if I think something’s going to be a stinker I’m not going to do it, but to me this sounds like it’s just right.”

Having starred in *On the 20th Century*, *Promises, Promises*, *The Apple Tree* and *On a Clear Day You Can See Forever* on Broadway, are there others — hmmm, perhaps Jerry Herman musicals — she’d like to do?

“If I don’t get to come down those red steps as Dolly Levi [*Hello, Dolly!*] one



Kristin Chenoweth will show off her pipes at UConn’s Jorgensen Center this month.

day in my life I’m going to be mad. Dolly and Mame are two parts I feel that are definitely in my future — but it might be a while.”

That’s because she’s busy developing new work for herself — a television series, *The Real Fairy Godmother*, for ABC, and a new musical based on televangelist Tammy Faye Baker — as well as voicing one of the leads in the new *My Little Pony* movie. She estimates that *Death Becomes Her* won’t be up and running for another two years. (The creative team hadn’t even been announced at the time we talked.)

And then there are the concerts she performs around the country, including one on March 24 at the Jorgensen Center for the Performing Arts on the UConn campus in Storrs.

“The show features songs from women who have inspired me, which gives me permission to do a lot of different kinds of songs and honor women that I love,” she says. And something from *Wicked*, too? She laughs. “I’d be killed if I don’t.”

jorgensen.uconn.edu







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Sarah Bockel as Carole King performs in *Beautiful: The Carole King Musical*.
PHOTO: MATTHEW MURPHY

CAROLE LEADS, SARAH FOLLOWS

How do you describe Carole King's voice, the peerless sound that created a 1970s sensation with her *Tapestry* album?

I thought I'd ask **Sarah Bockel**, who is starring in the tour of *Beautiful: The Carole King Musical*, which will play New Haven's Shubert Theatre March 6-11.

"Her sound is easy for me to replicate because I grew up listening to her," the Chicago-raised actress says. But when she performs she doesn't exactly duplicate King. "It's half me and half Carole. It's a balancing act."

Bockel describes King's voice as

really "a raw, untrained sound that a lot of people can identify with, full of simplicity, emotion and warmth. It's also very easy to sing along to it."

Some in the audience do just that, though she says that on stage, "I can't hear anybody in the audience — but I love when they feel so moved to do so."

As soon as the opening chords start to *So Far Away*, or *It's Too Late* or the lyric begins to *Where You Lead (I Will Follow)*, she says the audience is hooked. "Come on, anyone can identify with that."

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Brad Culver and Jiehao Park star in the sensory-driven *Sleep* at Yale Rep.

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GORDON
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DREAM JOB

Yale Rep's New Boundaries series will bring in *Sleep*, based on Haruki Murakami's short story, to the Iseman Theater March 1-3 at 8 p.m. The show is adapted for the stage by Naomi Iizuka and devised and directed by Rachel Dickstein and Ripe Time theater company.

The story centers on a housewife who has a terrifying dream and subsequently stops sleeping, and, in this sleep-deprived world, imagines all sorts of experiences.

In this sensory-driven production, Dickstein explores what happens when sleep gets disrupted. "The piece was written with such a beautiful slippage between what was reality and what was fantasy and what was a dream and what was real — or a nightmare or freeing."

The premise was a good match "for the kind of theater that I make which often deals with interior landscapes" and lends itself to the real and surreal sound, design, lighting and visuals that characterize Ripe Time productions.

Personally, Dickstein says she is a light sleeper. "I tend to have thoughts running through my mind as I try to get to sleep." But yes, the show has "haunted me in my dreams. I'm a visual director and when I think about how something might look or feel on stage, sometimes they come to me unconsciously."

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HE-DONE-IT

Now to step into Sherlock Holmes' shoes for a moment. Or should I say, to put on the deerstalker hat — not to mention the calabash pipe (which legendary actor William Gillette made iconic, not Sir Arthur Conan Doyle).

That's the job actor Alex Moggridge faces when he plays the famed detective in *Ken Ludwig's Baskerville* at Long Wharf Theatre in New Haven through March 25.

"When I did the audition I was basically imitating my English uncle," he

says, laughing. "But I also have all these resources from so many other actors over the years that I can totally steal while making it my own."

Moggridge grew up watching Jeremy Brett in the BBC version. "But I also loved John Gielgud's radio version of it which also had Ralph Richardson as Watson."

And the tone of his Sherlock? "This shouldn't be a send-up of the character," he says. "Whatever it will become will be an honest exploration of what a delightful, enigmatic, obsessive character that Holmes is."

And will he have Holmes' iconic look?

"I'm not sure yet but there will definitely be some pipe smoking."

longwharf.org

MARK YOUR CALENDARS...

... Tony Kushner will speak at Yale Rep in New Haven on March 9 at 4 p.m. Whenever this Tony Award and Pulitzer Prize winner speaks, he makes you smarter by just listening. This time it's on the subject of copyright and collaboration in the theater. A new production of his *Angels in America* opens on Broadway on March 25.

... Also on March 9, Yale Rep and Long Wharf Theatre host the New Haven Regional August Wilson monologue competition at 7 p.m. at Long Wharf. Area high school students will compete and two winners will be sent to the national competition in New York City May 7 at the August Wilson Theatre.

Frank Rizzo has covered the arts-entertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for the Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.



PHOTO: T. CHARLES ERICKSON

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Depending on where you live, your local public library

Many libraries offer free passes to borrow, as well as discounts to these state attractions:

- Florence Griswold Museum, Old Lyme
- Connecticut Trolley Museum, East Windsor
- Harriet Beecher Stowe Center, Hartford
- Lutz Children's Museum, Manchester
- Children's Museum, West Hartford
- Imagine Nation, Early Learning Center, Bristol
- Lyman Allyn Art Museum, New London
- New Britain Museum of American Art
- Stepping Stones Museum for Children, Norwalk
- Mystic Aquarium
- Mystic Seaport
- Connecticut Science Center, Hartford
- Mark Twain House and Museum, Hartford
- Peabody Museum of Natural History, New Haven

Let's get a deal. They're out there, in all their magnificence, for students, seniors and library card holders.

- Beardsley Zoo, Bridgeport
- New England Air Museum, East Granby
- Roaring Brook Nature Center, Canton
- State parks and forests (including Dinosaur State Park in Rocky Hill and Gillette Castle in East Haddam)

And here are some sample library-pass deals around the state:

NEW HAVEN

Long Wharf Theatre: Two free passes, available to New Haven residents only, at all five city library locations. (Note: Passes do not guarantee seats for a specific performance.)

Peabody Museum: Out-of-town cardholders get a discount. New Haven residents get a pass for up to four people.

WATERFORD

Mashantucket Pequot Museum & Research Center: Two adults and two children — or one adult and three children — admitted at half price.

STAMFORD

Passport renewal: Submit your passport renewal for processing at The Ferguson Library. Wait time is four to six weeks. The library will take one passport photo for \$12. Bring your old passport or original birth certificate and Social Security card or naturalization certificate.

HARTFORD

Hartford Stage: This program, which began in January, offers a two-ticket pass for an eligible show. Passes are available at all seven library branches. Seats must be confirmed with Hartford Stage (call 860-527-5151).

Ground rules: Passes, like books, require a current library card and have a restricted loan period and the potential of substantial

fines. Fairfield Public Library allows passes for three days, with \$10 fines for each day overdue. No renewals. Replacement cost to a Fairfield library card holder for a lost pass ranges from \$50 to \$250.

STUDENTS

Students don't know how good they have it until they're not students anymore. Then they have to wait until they're "seniors" — which now starts as young as age 50 — to get comparable deals.

Here are a few great student deals:

HBO GO: HBO's streaming service, usually available only to subscribers, is available free to students of Connecticut College, Trinity College, the University of New Haven and Central Connecticut State University.

Insurance: Travelers Insurance offers an 8 percent discount for students under age 25 with at least a B average. Parents with dependents attending a school at least 100 miles away are eligible for a Student Away At School discount of up to 7 percent. Check Esurance, State Farm, Geico and Allstate for similar deals.

New cars: Chevrolet's College Discount Program offers college students and recent graduates sub-MSRP (manufacturer's suggested retail price) on new vehicles. Note to mom and dad: The discount can be combined with current Chevy offers.

Check with your local Chevy dealer for an authorization code.

Music: Get Spotify Premium at half price (\$4.99 a month).

Travel: A Eurail Youth Pass saves 35 percent off the regular adult fare for rail and some ferry travel in 28 European countries.

Software: Get Microsoft Office 365 free, with Word, Excel, PowerPoint, OneNote and Microsoft Teams.

Hardware: Apple's discounts for students and educators are well known, but if you prefer Windows, check student-discount programs from Dell, HP and Lenovo.

FedEx: Get up to 30 percent off on package shipments with a student ID.

Movies: Check your local theater, including Cinemark, Regal and Showcase.

Cellphone plans: Always ask if you're not already on mom and dad's plan. Verizon, AT&T and Sprint have student discounts. Check if you're eligible.

Shopping: A Student Advantage Card (\$22.50 annually) for students over age 16 offers discounts on national brands and at local retailers. Information: studentadvantage.com/discountcard. If you're traveling, consider ISIC (International Student Identity Card), with benefits that include basic illness and travel insurance. Get the card at isic.org/get-your-card.

SENIORS

Ten percent off is the standard senior discount, not to be dismissed for people on a fixed income. Here are a few that do better:

Rite Aid: Members of the drug store's wellness65+ program get 20 percent off the first Wednesday of each month on in-store and online purchases.

Airfare: American Airlines offers discounts on some domestic flights for travelers 65 and older. For information, call 800-433-7300.

Rail: Amtrak discounts regular fares for people 62 and older by 15 percent.

Car rentals: AARP members get 30 percent off Avis rates and up to 25 percent at Alamo.

Retail: Kohl's offers a 15 percent discount each Wednesday to shoppers 60 and older.

Cellphone: AT&T's Senior Nation Plan (\$29.99 a month) includes 200 anytime minutes, mobile-to-mobile minutes and nights-weekends without roaming and long-distance charges. You'll find a similar deal with Verizon's Nationwide 65 Plus plans.

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Keeping Camp Costs Budget Friendly

The camp experience is priceless, but families shouldn't be priced out of paying for it.

"I'm a great believer that you don't have to go to the most expensive camp to have a great camp experience," says Phil Lileenthal, former camp director of Camp Winnebago in Maine and Global Camps Africa CEO. If you're dealing with an experienced and caring staff of camp counselors, "you can have a program in a parking lot, and it can be great," he says.

Parents looking for budget-friendly camps should keep the following in mind:

- The American Camp Association camp community generates a projected \$216 million annually for camp scholarships. Call the camp director and ask if financial assistance is available.
- Contact your area's local ACA office. Go to acacamps.org/about/contactus to find your local office contact.
- Check with your church or synagogue.
- Get in touch with social services groups in your community.
- Visit individual camp websites. Most clearly outline whether they offer financial assistance for their campers.

Assistance is also available from the government. Families should explore the following options:

Parents should inquire into whether the camp participates in income-eligible subsidy programs, for instance through Title XX.

For day camps:

- A Dependent Care Flexible Spending Account allows parents to be reimbursed on a pre-tax basis for child care or adult dependent care expenses for qualified dependents that are necessary to allow parents to work, look for work, or to attend school full time. Go to fsafeds.com for more information.
- In certain circumstances, day care expenses, including transportation by a care provider, may be considered dependent care services and paid with pre-tax dollars. Go to irs.gov for more information.

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Isn't It Time For a Different Approach?

One Doctor's Journey A Conversation With Edward C. Corsello

Natural Awakenings recently discussed with Edward C. Corsello, DC, BCAO, a Stratford-based chiropractor, what led him to study the Atlas Orthogonal (AO) technique and advanced therapies to reshape the spine and heal spinal decay. Discovery of these techniques changed the course of his own life.

You were a chiropractor for over 12 years when something happened to you that changed you. Tell us your story.

I've suffered with ulcerative colitis since chiropractic school and was in and out of hospitals. I had tried both medical and alternative "cures" for my condition. I spent thousands of dollars "managing" my symptoms with not only medication but also vitamins, nutrition, acupuncture and traditional chiropractic. You name it, I tried it. I was at the point of hopelessness, ready to accept my doctors' explanation that my disease was "autoimmune", my body was "attacking itself", and it was just a case of "bad genes".

How did you find your way out?

A colleague convinced me to try a chiropractic specialist in the Midwest. When I arrived, he put aside my voluminous medical file and asked me about my spine. I responded that I had no spinal pain, because at the time I thought that spinal "health" was all about "pain". "I mean what is the condition of your spine?" he then said. I admitted that I didn't know as I hadn't had an X-ray in years. My last X-ray was when I was in a car accident and had pain. I didn't understand so I asked him what my spine has to do with my colitis. He answered, "Everything."



How does the health of your spine directly correlate to your overall health?

The brain has within it everything the body needs to be healthy; it speaks to the body through the spine. When the spine moves out of position, it causes blockages that prevent the brain from communicating to each cell, organ, tissue and system within the body.

Where the spine is being choked off, that part of the body will break down. In order for your body to express health, your spine must be healthy. By healing the spine, the nerves can flow at 100 percent, and restoration of health takes place.

What did the chiropractic specialist focus on?

He did a series of tests, including advanced bio-structural X-rays of my spine. He showed me that I had moderate to severe spinal decay in my neck and lower back that was blocking the nerves that run to my colon. By correcting my atlas—the first bone in my neck—through a technique called atlas orthogonal (AO) and repairing my neck and lower spine with advanced therapies, I became symptom free.

How has that experience changed your practice?

I was so impressed with the "miracles" I saw in his office that I decided to expand my practice to offer both AO and advanced therapies to heal the spine. Today, I am one of only two spinal correction specialists and only three AO doctors in the state of Connecticut; people from as far away as New York, Rhode Island, and Delaware come to see me.

I use these powerful techniques that changed my life to treat others who are suf-

ferring from asthma and allergies, headaches, neck and back pain—often resulting from car accidents or athletic injuries—and sciatica. They also help with autism, scoliosis, multiple sclerosis, Parkinson's, trigeminal neuralgia, fibromyalgia and ADHD as well as with digestive diseases like Crohn's disease and colitis. Doing the AO correction in conjunction with advanced therapies to heal the spine, we are able to provide permanent relief to some of the most severe and chronic conditions.

Please share some of the feedback you have received.

A patient of mine for over two years who suffers from Parkinson's stated that the chiropractic treatments and maintaining a healthy lifestyle have helped her get off 11 medications. Another told me that she was diagnosed with narcolepsy with cataplexy in 2009. She said she has been off medication since two months into treatment with us and has no symptoms of narcolepsy with cataplexy any longer. There are many other stories.

So what do you actually do?

I don't heal anyone of anything. I perform specific, gentle techniques to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It's as simple as that! Many people find they actually save money on their health care expenses by seeing me. An entire week of care in my office costs what you could pay for one visit elsewhere.

What about diet and supplements?

Of course, healthy nutrition is important. However, "life flow"—from the brain to the organs—must work in conjunction with lifestyle. Think of an automobile. If its structure is compromised, you can put the best fuel in it, but it will not run properly. The same is true of the body. Even the best food and vitamins will have only a limited benefit to a body that is breaking down due to a decaying spine.

Edward Corsello, DC, BCAO, is a board-certified Atlas Orthogonalist with an office in Stratford. Connect at CorselloClinic.com and 203-381-1800. Mention this article for a complimentary consultation.

Live Edge

HARNESSING THE
INHERENT BEAUTY
IN OUR FELLED TREES

BY MICHAEL LEE-MURPHY

Outside the house I grew up in and in which I still live, there are three towering, gnarled trees that I am in love with. They are older than anyone alive, and one of them has an old wooden swing drilled into it. My family has always called them the three sisters. This summer, representatives from Eversource and our town came by and said that because the trees' branches were encroaching on the power lines, they would be willing to cut down the trees for free. We informed them that they were welcome to trim the branches, but not to cut down the trees. They were not informed that I would chain myself to the trees before I let anyone from some power company cut them down. Lord knows the grief — I don't think the word is an overstatement — I would feel if they ever came down in a storm.

A Higganum furniture company provides one possible salve to such a bereavement. When I drop in on the craftsmen of City Bench at their workshop in a barn in early February, the four of them are hard at work putting together an order of some 60 coffee tables that will be delivered to Yale University in the coming days.

Despite the pressure they're under, they are gracious and giving of their time. When I ask one of them how many hours of labor would go into fulfilling such an order, Ted Esselstyn replies with exhaustion. "Don't ask me that question."

There is a lot of work to be done. But there almost always is. Even though we are in a picturesque barn in Higganum, the story goes straight back to New Haven. Many of the trees being cut up and refined into coffee tables here were originally among the hundreds and even thousands of trees cut down every year in the city of New Haven. Through a unique relationship with the city, City Bench takes trees that would be otherwise turned into wood chips or put into landfills and creates singular, regal pieces of furniture with character and story.

When the city of New Haven cuts down trees, they call up Ted and his brother Zeb Esselstyn to work their magic. The brothers cut and mill the trees in New Haven, before taking the planks and logs they use for their pieces back to the Higganum workshop in a trio of barns behind Ted's house. While most of the trees come out of New Haven through a formalized relationship with the city's parks department, the Esselstyns also do specific jobs from particular trees across the state.

As such, the wood comes to City Bench in various states. "A traditional logging operation or a lumber mill only looks for trees that are going to give them the greatest yield," Ted says. "We get whatever trees are given, that come out of the city. So they're often incredibly mature, old trees that have embedded bark."

"A sawmill would never use this!" he says.

"It's character wood. It's not straight grain," Zeb says. "What makes them beautiful is all their imperfections," Ted adds. (Like the brothers they are, the Esselstyns often complete each other's thoughts.)

City Bench taps into a rapidly spreading sense that the consumer goods we have in our homes and our offices are more meaningful if they have some story behind them, some sense

of history. The things we buy can be more meaningful than items — even luxury items — bought at large stores. *Storytelling* is a central part of the work City Bench does. A city tree or a beloved tree from a private property will have a more interesting and better story than one grown on a farm for a lumber mill.

The story lies in the imperfections. A tree might have a large crack running through it. Rather than avoiding the split in the tree, City Bench pieces embrace it, incorporating it into the design. These pieces of furniture are from trees that have a bit of soul to them. These are trees that have some rough edges, figuratively and literally. Trees that have seen a thing or two, that have worked for a living. For many pieces, City Bench leaves the natural contour of the surface of the tree, known as a *live edge*. On some pieces, the craftsmen of City Bench will add a small metal badge, announcing an origin story.

That City Bench prioritizes storytelling and human connection makes perfect sense. After a varied career across the arts, advertising and outdoor-adventure tours, Zeb had just graduated from Columbia's Graduate School of Journalism when he joined Ted to start City Bench. Ted was doing his residency as a family practice doctor at Middlesex Hospital in Middletown, where his wife was also doing her residency.

"She was crazy busy; I was crazy busy. Same hospital, and I decided to step back. So I went back into the world of art and woodworking," Ted says. He fell back on a job he had as a woodworker after earning his undergraduate degree in Vermont. From there he started working with children's museums and nature centers to construct wooden sculptures that could be functional and beautiful. While doing an exhibit at the now-closed Connecticut Resources



Recovery Authority Trash Museum, Ted saw an exhibit on a Seattle organization that makes furniture out of city trees. That's when the idea for City Bench came into focus, and Zeb joined the team.

Since establishing the relationship with the city of New Haven, they have come into possession of some fascinating trees. "We've become stewards for some really wonderful pieces of history, and trees that mean a lot," Ted says. Remember the tree that came down on the New Haven Green during Hurricane Sandy, unearthing several skeletons? Known as the Lincoln tree, it was planted in 1909 in honor of the centennial of Abraham Lincoln's birth.



Opening page: Tulip poplar slabs salvaged in Guilford are now on display in City Bench's Higganum showroom.

Above: Created using a tulip poplar from Guilford, along with a variety of wood species for the arch, this bench is now in the home of a Park City, Utah, couple. PHOTO: © DEREK DUDEK

Left: City Bench made the feature wall at the Newman's Own Westport headquarters from 21 different species of Connecticut hardwoods. PHOTO COURTESY OF CITY BENCH

Below: The City Bench team, from left, shop manager and fabricator Ben Koloma, co-founders and brothers Zeb and Ted Esselstyn and new hire Sam Bonney at their Higganum workshop. PHOTO: MICHAEL LEE-MURPHY

Now, a 20-foot-long bench made out of wood harvested from the tree sits in New Haven City Hall.

Walking through the City Bench workshop is a tour of interesting trees, as Ted points out pieces of wood. This one was from an elm tree that stood on Grove Street. That one is from an ash tree that stood in Bushnell Park in Hartford right near the carousel, parts of which are now furniture at Trinity College.

In addition to the two brothers, City Bench employs two other woodworkers, Ben Koloma and Sam Bonney. Koloma is a Southern Connecticut State University graduate who studied sculpture and metalworking.

"It gives [customers] a sense of contributing to their community — 'If I'm gonna consume, I'm gonna consume locally,'" Koloma says.

At a place like Restoration Hardware or Ikea, Koloma says, the person who



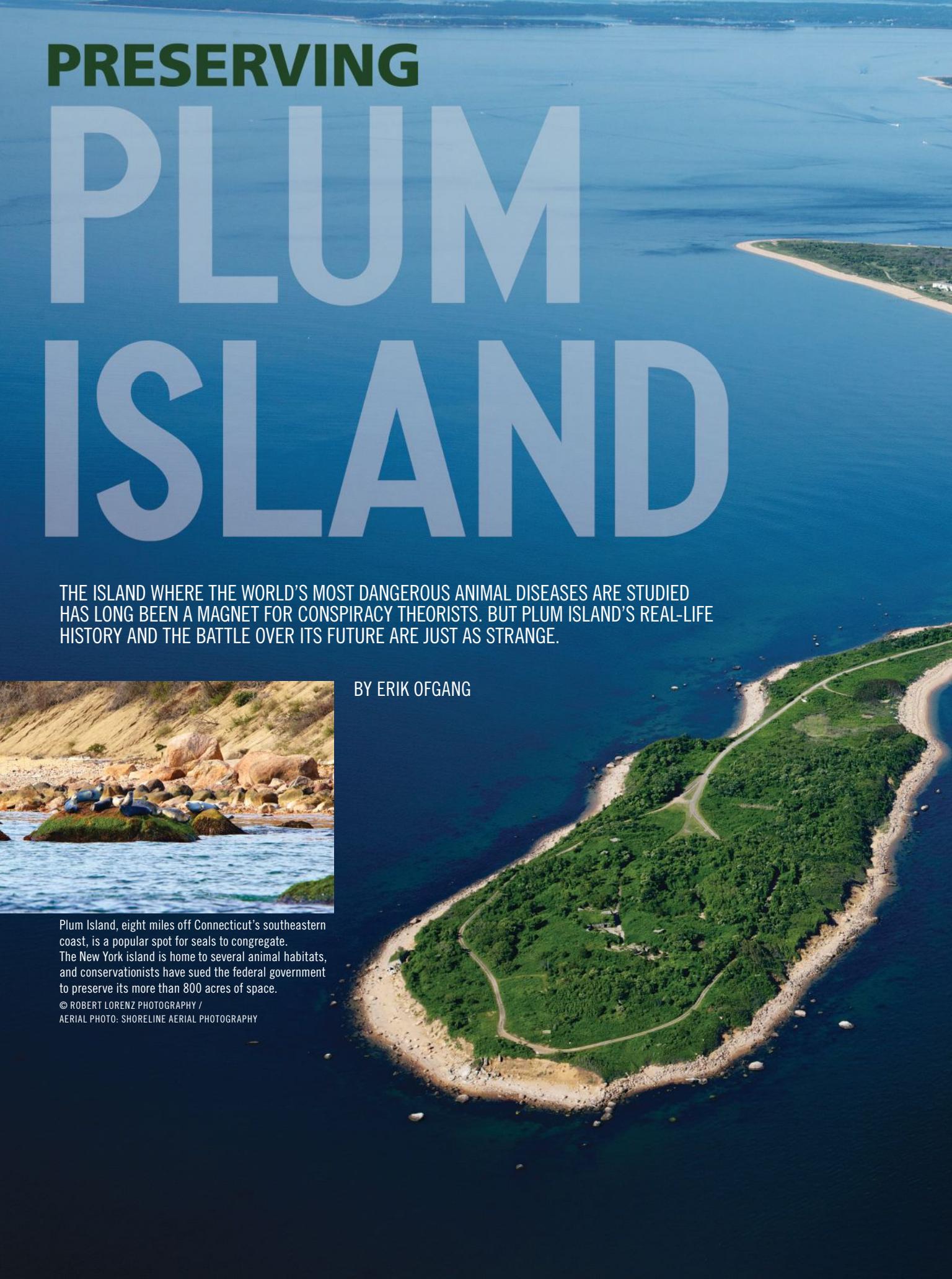
made the piece and the person who buys it don't know each other. You only know the person who scanned the barcode.

Bonney is the newest of the group, having only started in the last few months

after leaving his studies in industrial design at Pratt Institute in Brooklyn. "He's an art school drop-out. He's perfect," Ted says.

For more information and prices, go to city-bench.com.

PRESERVING PLUM ISLAND



THE ISLAND WHERE THE WORLD'S MOST DANGEROUS ANIMAL DISEASES ARE STUDIED HAS LONG BEEN A MAGNET FOR CONSPIRACY THEORISTS. BUT PLUM ISLAND'S REAL-LIFE HISTORY AND THE BATTLE OVER ITS FUTURE ARE JUST AS STRANGE.

BY ERIK OFGANG



Plum Island, eight miles off Connecticut's southeastern coast, is a popular spot for seals to congregate. The New York island is home to several animal habitats, and conservationists have sued the federal government to preserve its more than 800 acres of space.

© ROBERT LORENZ PHOTOGRAPHY /
AERIAL PHOTO: SHORELINE AERIAL PHOTOGRAPHY



John Turner couldn't quite believe what he was seeing. It was January 2009 and he was reading a *Newsday* article with a short blurb about the future of Plum Island.

Eight miles off the coast of Connecticut and 1½ miles from Long Island, the island is home to the Plum Island Animal Disease Center and has long held the public's imagination. It inspired the plot and title of a 1997 Nelson DeMille novel, and Hannibal Lecter was offered visits there in exchange for cooperation in *The Silence of the Lambs*. Google it and you'll find conspiracy theories claiming it was founded by a Nazi scientist (it wasn't) and see the island blamed for the 1975 surge of Lyme disease in a cluster of people in Connecticut's Lyme area, which led to the diagnosis of the disease (this is also clearly wrong, as Lyme disease was never studied on Plum Island, and the disease has been found in frozen specimens from hundreds of years ago).

Plum Island is, however, the site where the U.S. government studies the world's most dangerous animal diseases in order to protect the U.S. food supply. It is the only lab in the U.S. that works with active strains of the incredibly contagious and animal-ravaging foot-and-mouth disease.

Every day about 400 government employees, 200 from Connecticut and 200 from Long Island, board ferries to the island. Once there, those who work inside the "hot zone" — any area with dangerous diseases — go through a rigorous decontamination process involving showers, a change of clothes and a quarantine from farm animals after leaving the island that can last as long as a week. When questionable diseases are discovered in U.S. livestock, samples from affected animals are sometimes flown by helicopter to the island, where scientists work to diagnose the disease and attempt to prevent an outbreak.

None of these details caught Turner's eye in 2009 as he read the *Newsday* article. Instead he was struck by the news that the Plum Island facility was soon to be phased out and the island, which is part of Suffolk County, New York, was to be sold to help offset the cost of building a new, more advanced animal disease lab in Manhattan, Kansas.

Turner reread this last part to make sure he hadn't misunderstood. He hadn't. The island, which since the 1950s had been something of a de facto nature preserve, was for sale.

He was horrified. He saw the island as a "national treasure," a place where, almost by accident, a variety of important animal habitats had been preserved.

"Some bean counters in Washington had dollar signs in their eyes," he says.

Indeed, the 840-acre island seemed to represent some of the most sought-after and expensive real estate in the world, nestled, as it was, between the ultra-developed and pricey Connecticut and Long Island coasts. Estimates for the value were in the hundreds of millions of dollars.

In the years to come, developers would talk about potential future uses for the island, which often included golf courses, condos and hotels, or some combination.

Turner, a longtime Long Island preservationist, was determined to prevent this and protect the island as a natural resource. He started reaching out to environmentalists on both sides of Long Island. Before long he had connected with Save the Sound, an environmental group based in New Haven and run by the Connecticut Fund for the Environment, and formed the Preserve

Plum Island Coalition. Chris Cryder, outreach coordinator for the Preserve Plum Island Coalition and special projects coordinator for Save the Sound, says the island is important for those in Connecticut, New York and beyond. "Plum Island really has become an island of international importance, particularly from a wildlife perspective," Cryder says. "But it is also home to many interesting cultural resources including the Plum Island lighthouse [built in 1869]."

The battle lines had been drawn and Plum Island was entering what was arguably the strangest era of its often strange history. The nine-plus-year effort to halt sale of the island would involve local, state and federal politicians, several failed bills in Congress, tactical changes to local zoning law and even a brief cameo from current U.S. president and longtime metro area developer Donald Trump.

• • •

"Islands are by nature mystical, mysterious and mutable. So it seems fitting that Plum Island ... is shaped like a question mark," write Ruth Ann Bramson, Geoffrey K. Fleming and Amy Kasuga Folk in their history of the island, *A World Unto Itself*.

The island occupies the entrance to Gardiners Bay off Orient Point and the tip of Long Island's North Fork. Visible to riders on the New London-to-Orient Point ferry, it has pristine views, sandy beaches, woodlands and wetlands. At 840 acres it is sizable but smaller than its neighbors, the 3,318-acre Gardiners Island and the 7,000-acre Block Island.

Before the arrival of Europeans, Native Americans hunted, fished and grew corn on or near the island, which was named for the beach plums that grew along its shores. It was sold to an Englishman in 1659, according to *A World Unto Itself*, and in the 1800s it was popular among the wealthy for its fish camps.

In the 1898 Spanish-American War it became Fort Terry, a military installation designed to prevent enemy ships from using Long Island Sound as a backdoor to Manhattan. It saw sporadic use in both world wars, serving as an anti-submarine base in World War II.

In the late 1940s, there was talk of closing the fort and selling the island. Before that happened, a new role was envisioned, one that would help the country defend not from submarines, but from a potentially more dangerous and stealthy enemy: viruses.

Despite some public opposition to the project from locals, by the early 1950s plans for a facility at Plum Island were going forward. At the start of its new life, Plum Island was shared by the U.S. Department of Agriculture and the Army Chemical Corps. The Department of

Plum Island, off the northern shore of Long Island, has been the site of dangerous animal disease studies and top-secret Army germ research. The Department of Homeland Security is preparing to move the facility to a new laboratory in Kansas.

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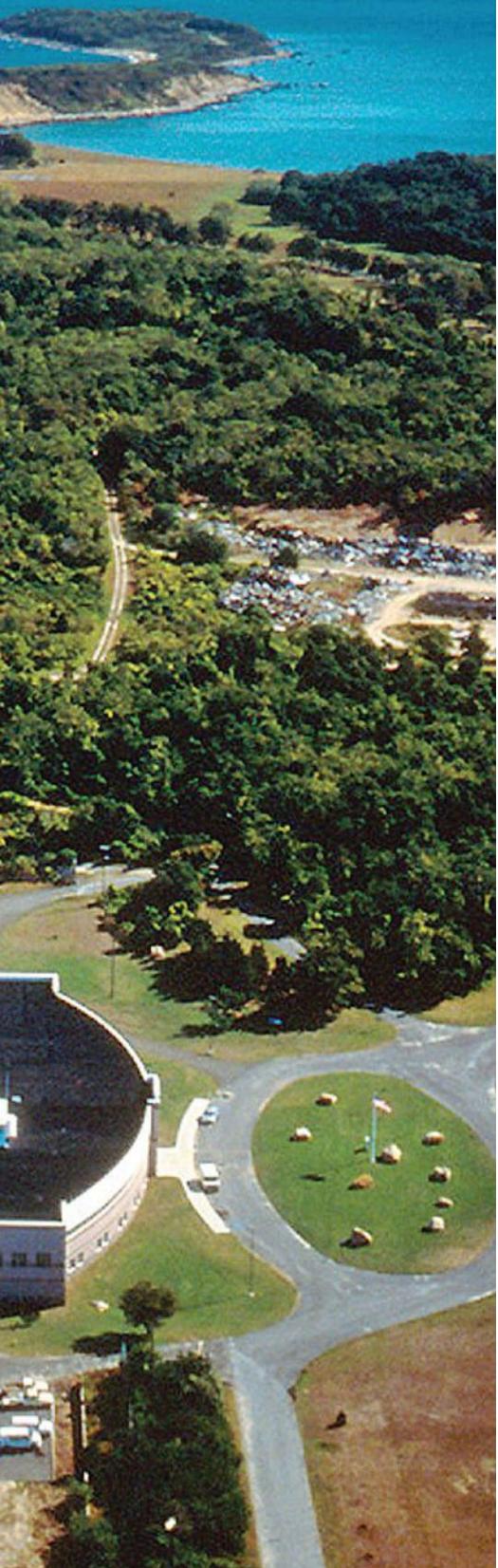


Agriculture focused on protecting the U.S. food supply by studying animal diseases that had not yet spread to the U.S., work it continues to this day inside the island's Biosafety Level 3 lab.

According to *A World Unto Itself*, the Army Chemical Corps occupied Building or Lab 257, formerly a torpedo storehouse and storage building, to study "exotic animal

diseases both for offensive and defensive purposes," but "the army's research effort there ended almost before it began." The site was activated by the Chemical Corps in 1952 and by 1954 the Chemical Corps' work on Plum Island was discontinued.

"The Army Chemical Corps' job was to do biological warfare, but they didn't last on the island very long," says Amy Kasuga



Folk, a coauthor of *A World Unto Itself*. She notes that after the two-year stint they transferred to Fort Detrick, Maryland.

At its Fort Detrick facilities, the Army Chemical Corps had Biosafety Level 4 capabilities (the top designation which allows for the study of highly infectious, non-curable human diseases) and studied biological warfare until the U.S.



Chris Cryder, outreach coordinator for the Preserve Plum Island Coalition and special projects coordinator for Save The Sound, shares his views on keeping Plum Island in the public domain during a public forum in 2015 in New Haven on the environmental and ecological significance of the island. PHOTO: PETER HVIZDAK

discontinued such programs in 1969 in the Nixon administration.

Exactly what, if anything, the Army Chemical Corps did on Plum Island during those two years is unknown.

"To this day, little of that documentation has been declassified and some of it has been destroyed," Folk and her coauthors write. But Folk and most credible sources say the Army's program on Plum Island never had time to get off the ground.

Nevertheless, the Army's brief and, by all accounts, uneventful stay on the island has inspired decades' worth of conspiracy theories and led to many shaking heads and shrugged shoulders from former workers at Plum Island who are tired of answering questions about chemical warfare work that the Plum Island Animal Disease Center was never a part of.

The focus on conspiracies also distracts from the important and sometimes dangerous work that is actually taking place at the facility to this day.

■ ■ ■

Far more than just providing open space, Plum Island serves as an important wildlife refuge, the loss of which could be devastating, preservationists say. Thirteen different at-risk bird species have been found breeding there, 200 bird species overall have been detected and it has the largest documented seal haul-out site in New York state, says Matthew Schlesinger, Ph.D. and chief zoologist at the New York Natural Heritage Program, who recently conducted a year-long comprehensive field survey of the island.

With proper management and removal of invasive species, Schlesinger believes rare reptiles and amphibians could return and species such as the river otter could be reintroduced. Though the lab facility

only occupies a small portion of the island, Schlesinger says the human impact is not limited to that area. "It's not fair to call [Plum Island] pristine or undisturbed. It has a long history of human use, especially its interior ecosystem," he said. "But it's still 600 some acres of the island [that] are not developed."

These natural resources, along with cultural ones — the island's historic lighthouse and the remains of Fort Terry — are why Cryder and Turner say the decision to sell the island was so shortsighted. They also say it was unusual.

"When government surplus property becomes available for sale, the normal process is that the property will first be offered to sister agencies in the federal government," Cryder says. "If a sister agency in the federal government doesn't want it, then the states would get an opportunity. If the state of New York didn't want it then it goes to a municipality. If the municipality doesn't want it, then non-government organizations, for example, like conservation organizations, would have a crack at it."

Conservationists would like to see the island turned into some type of preserve, possibly even a national park. Ideally, some would like to see the labs converted into a research facility operated in collaboration between Connecticut and New York universities.

Before any of that becomes a possibility, the island's sale to a private company has to be prevented. Conservation efforts have garnered bipartisan support in Connecticut and Long Island. Rep. Lee Zeldin, a Republican congressman from New York, and Connecticut Sen. Richard Blumenthal, a Democrat, have both supported legislation to stop the sale.

"Allowing private developers to rip it apart and destroy the habitat of birds and other wildlife would be absolutely

a desecration and disrespect for an environmental resource," Blumenthal says.

Despite this support, bills to repeal the act mandating the island's sale have failed in two successive sessions of Congress.

Blumenthal believes this year might finally bring a repeal. "I'm very optimistic about the island's future and I'm hopeful that my colleagues will understand the need for repealing the Plum Island mandate, and [that] it should not be sold to the highest bidder," he says.

Even if these efforts in Congress are unsuccessful, the island's development is far from a foregone conclusion.

The Plum Island facilities had never been zoned by the town of Southold, New York, where the island is technically located. The local community wanted no part of the type of high-density condo or hotel development being talked about on the island.

With support from the Preserve Plum Island Coalition, the town enacted new zoning laws in 2013 that took the roughly 80 percent of the island that is not part of the lab facility and created a conservation district that can't be developed. The town also created a research district on the footprint of the lab facility that cannot be expanded.

The sale price envisioned for the island was in the hundreds of millions, but now Cryder says, "We don't have a firm appraisal of what the value is with the new zoning, but it's thought it might be between \$30 and \$40 million. So now the math has changed."

Cryder cautions that the battle is not necessarily won.

"Unfortunately we've seen too many occasions where deep-pocketed developers can outlast shallow-pocketed towns and ultimately push to get new zoning in place," he says. "So although it's a safety net with the new zoning, it's not the ultimate safety net. And who knows, the progressive leadership in Southold could change in the future; there could be new leadership that allows zoning changes."

Around the time the new zoning went into effect, one well-known, deep-pocketed developer expressed interest in the island, shortly before he decided to run for president.

• • •

Plum Island Animal Disease Center is designed to make "sure that we have the best quality and most affordable food, and right now our food is probably the cheapest in the world as far as cost per person," says John Verrico, chief of media relations for the U.S. Department of Homeland Security's Science and Technology Directorate (the facility fell under the auspices of Homeland Security after 9/11).

To that end, a variety of exotic animal diseases are studied and veterinarians from across the country train to recognize the



One of the many images from Robert Lorenz's photo project showing the mostly unspoiled beauty of Plum Island. © ROBERT LORENZ PHOTOGRAPHY

signs and symptoms of foreign diseases in American livestock. Far from being secret, Verrico says all the work that goes on there is published in various peer-reviewed scientific journals and is presented at scientific conferences. "Nothing is classified," he says. Last year 34 scientific publications were authored or coauthored by scientists from the facility.

The diseases that threaten farm animals, including classical swine fever, African swine fever and, perhaps most importantly, foot-and-mouth disease, are the focus of the research that takes place there.

Foot-and-mouth disease, also called hoof-and-mouth disease, is a virus that affects cattle, sheep, goats, pigs and other animals, but not humans. It causes a fever followed by blisters inside the mouth and feet, and though it often does not kill the animals, the slow-moving, highly contagious disease wreaks havoc on food supplies. The facility at Plum Island was partially inspired by a devastating foot-and-mouth disease outbreak in Mexico in the 1940s, and in the early 2000s an outbreak in Europe highlighted the continued dangers of the disease.

In an ongoing effort, Plum Island scientists have done pioneering work to develop a cost-effective and reliable foot-and-mouth vaccine. (Like the flu, foot-and-mouth is difficult to vaccinate for because each vaccination only protects against specific strains.)

Other animals, such as horses and ticks, have at times been studied on the island, but the focus is on cattle, pigs and other farm animals that are regularly eaten in the U.S.

Animals studied on Plum Island never leave. After being studied they are euthanized and incinerated.

Douglas Gregg, a veterinarian and diagnostic pathologist who worked on Plum Island from 1976 until 2007, says intense safety precautions are taken on

the island. Workers dealing with infected animals shower frequently. Humans are not susceptible to the diseases studied at Plum Island, but the precautions are necessary to protect animals.

"Conceivably, you could carry out viruses in your nose," Gregg says.

Protocol called for employees to work with unaffected animals first, then animals infected with progressively more dangerous diseases. At the top of this infection food chain was foot-and-mouth disease. Once workers handled animals infected with foot-and-mouth, they would not handle any other animals that day.

Despite these precautions, mistakes were made.

In September 1978, animal-care workers began to notice symptoms that looked suspiciously like foot-and-mouth disease in animals kept outdoors on the island. These animals had not, in theory, been exposed to the disease. Something was very wrong.

• • •

By October 2013, Plum Island had caught Trump's eye. He thought the lab could be converted to a one-of-a-kind island golf course.

"It would be a really beautiful, world-class golf course," he told *Newsday*. "It would be a low-key and beautiful use for the area."

At that time, Trump's representatives reached out to Turner. True to form, the reality TV star wanted to make a deal.

They wanted to know "what we would be willing to support potentially, if he was to buy the island. That was a fairly short conversation," Turner says. "The coalition made the unanimous determination that we didn't want to engage in any further consideration of the idea of working with him [and] that it was much more valuable and much more consistent with our vision to try and get Congress to overturn the original act."

Scott Russell, Southold's town supervisor,

also heard from a Trump representative who expressed interest in the island.

"I told him, 'Well, look, the zoning is in place and unless Mr. Trump wants to get involved in the world of preservation and biotech research, none of what he wants to do there is permitted by town code,'" Russell says.

Russell never heard from the representative again, but says, "After Trump won the election there was speculation out here that he was going to try to have the island zoning overturned. I never found that to be a reasonable concern. I think he's got plenty of interests in the world that he doesn't have to really focus on Plum Island."

When asked about Trump's interest, Blumenthal, who has sometimes been the subject of Trump's criticism on Twitter, says, "I've never heard or seen Donald Trump mention Plum Island. It would be a natural because it would be a prime target for his development, but I'm unaware of any development by Donald Trump."

Even in the highly unlikely event that Plum Island once more arrived on now-President Trump's radar, his authority would be limited, Russell says.

"Every level of court, including the federal level, has always recognized the ultimate authority to zoning rests with the town. So we're confident that any challenges to zoning down the road, we'd be successful. However, those challenges would come at considerable cost," Russell says.

More troublingly, zoning laws can change at any time. "Our zoning, in and of itself, doesn't ensure the long-term operation of

a facility or the management of the island. It's not enough to preserve Plum Island. You need a commitment to good stewardship and management of that island."

In the hopes of garnering more lasting protection of the island, the Preserve Plum Island Coalition began to explore options outside of local or federal governments.

In 2016, Connecticut Fund for the Environment/Save the Sound and six other organizations and individuals filed suit against the Department of Homeland Security and General Services Administration to prevent the sale of the island. The case is ongoing.

■ ■ ■

In September 1978 tests confirmed that there was a foot-and-mouth outbreak on Plum Island. Emergency protocols kicked in and containment efforts were swift and efficient.

All the animals on the island — approximately 200 cattle, pigs and sheep — were killed. The Department of Agriculture dispatched inspectors to Long Island dairy farms to ensure infections had not spread to the mainland. Fortunately, the disease never made it off the island.

An exhaustive investigation into what went wrong followed. Gregg says that, as is the case with many other disasters and accidents, five things had to go wrong all at once.

Before the outbreak there was a lot of construction on the island. The construction led to animals being delivered to the lab via a different route than normal. In a break with procedure, the animal-care workers were not showering after delivering the animals

to the lab. At the same time, "there was a big study going on and they were having to kill and incinerate a lot of animals at one time and the incinerator was overheating. Some workers complained to the engineering people, and the engineering people adjusted the air supply to the incinerator which is normally under the most negative pressure anywhere in the building. They gave them a little more air and unfortunately [the air pressure] became positive."

Air now was capable of escaping the incinerator area and flowing over the area where the workers were delivering animals. "Those workers were unknowingly exposed to a plume of virus coming from the incinerator area, and they carried it back to the normal animals and infected at least one or two, and that started the outbreak," Gregg says.

Procedures have since been updated at the island and the facility's animals are no longer kept outdoors. There has not been a foot-and-mouth outbreak since.

In 1990 the island began running a ferry to Connecticut. Soon, half the workforce would be based here.

Today the ferry leaves multiple times a day from Harbor One Marina in Old Saybrook. First Selectman Carl Fortuna Jr. says the 200 workers who take the ferry to Plum Island from Connecticut are a mix of Old Saybrook residents and commuters from nearby Connecticut towns. If the jobs are lost when the island closes, he says it will hurt the region. "I don't know that it's tremendously impactful, [but] it is still people who are losing their jobs in southeastern Connecticut where we struggle to replace jobs."

Fortuna would like to see the jobs remain and the island be opened as a type of preserve, which he believes could be a small economic driver for the town and the region.

Bob Powitz of Old Saybrook was among those who came to Connecticut because of Plum Island, moving from Michigan to take the job as biological safety officer in 1992. He only lasted two years on the island. Though he loved the work, the 30- to 40-minute ferry ride each way was too much for him. "I don't have sea legs," he says.

But during his time on the island he gained an appreciation for it. "It's rather a gorgeous island when you're on it," he says. He also had time to hear his fair share of false rumors. "There was always this mystic, mystic thing about Plum Island and any horrible disease that was on the mainland probably had to have [been] done by Plum Island, which is, of course, not so," Powitz says.

Even some of the plausible-enough-sounding stories about the island are untrue, including stories about boaters fishing nearby and inadvertently landing on the island only to be met with armed guards with machine guns.

"There were no guns on the island ever



The Plum Island Animal Disease Center, a federal research facility, studies the world's most dangerous animal diseases, including swine fever and foot-and-mouth disease. PHOTO COURTESY OF PIADC

since World War II or a little after," Powitz says. "While I was there, I did a round of the island pretty well daily. I wanted to see animals like deer that swim across from Gardiners Island. I wanted to see what is on the island, and see if I can spot something. What animals come to the island. What animals are native to the island. What can we expect if there should be a breach of containment. So I drove around, and if I didn't drive around nobody drove around, and I sure didn't carry a gun."

■ ■ ■

There are several elements to the complaint brought against the government regarding the sale of Plum Island.

"When the federal government goes to sell property they have to do what's called an environmental impact statement," Cryder says. "We came to a determination that they failed in many ways to adhere to what is required in an environmental impact statement."

He adds, "Should the island go to a private entity, most likely a developer, they didn't have plans to manage the endangered species on the island."

Attorney Roger Reynolds, the legal director for the Connecticut Fund for the Environment, says that his organization also disputes what the act concerning the sale of the island actually requires. According to preservationists' interpretation of the wording, only the small section of the island with the facility has to be sold.

"We do not believe that the statute required the sale of the rest of the island and it certainly didn't require the sale to the highest bidder," Reynolds says. "It just requires a sale. Therefore we believe they should liquidate and sell the Animal Disease Center and the assets related to that. They need to go through their normal process for the rest of the island. We think that normal process would result in conservation."

Government attorneys moved to dismiss the case. "They argued we were not sufficiently injured and we don't have the right to challenge the government's actions in this case," Reynolds says.

In January a judge rejected the government's claim and allowed the case, which seeks an injunction against selling the land until an adequate environmental impact statement has been performed, to go forward.

"The court specifically held that members in our organization have a very concrete interest in making sure that there is an adequate review done before the island is sold," Reynolds says. "[The court held] that it is an environmental asset that us and our members do appreciate. We fish around it, we enjoy the wildlife that the island supports, and by failing to do an

appropriate environmental analysis that we would suffer a concrete injury."

The government will have to answer the complaint filed, and Reynolds says, "Then we have to make our case before the judge and the federal government has to make its case as to why they should be allowed to sell it at this point, and then the judge will make a decision, and that can be anywhere from one to three years down the road."

■ ■ ■

Asked about the future of Plum Island and its potential sale, Verrico, the Homeland Security spokesperson, says, "What ultimately happens to the island, whatever happens to the real estate itself, is outside of anything I can talk about at this point because right now we don't know. There's pending litigation on it."

Plum Island's successor, the National Bio and Agro-Defense Facility, is under construction on the Kansas State University campus in Manhattan, Kansas. It will be completed by 2022, Verrico says, and around that time operations will be transferred from Plum Island.

The Kansas facility will take the mantle from Plum Island as the only lab in the U.S. permitted to study foot-and-mouth disease and will have a biosafety level of 4, allowing researchers there to study large-animal diseases that are capable of infecting humans. Though there are other Biosafety Level 4 labs, this will be the only one with facilities designed to accommodate and study large farm animals, Verrico says.

Unlike Plum Island, it will also be on the mainland, which will save operating costs and which Verrico and other experts say won't pose a containment problem.

"Biocontainment has advanced so much, we're able to do the work in Kansas," Verrico says.

Others are not so sure.

Gregg, the longtime Plum Island veterinarian, is among the skeptics.

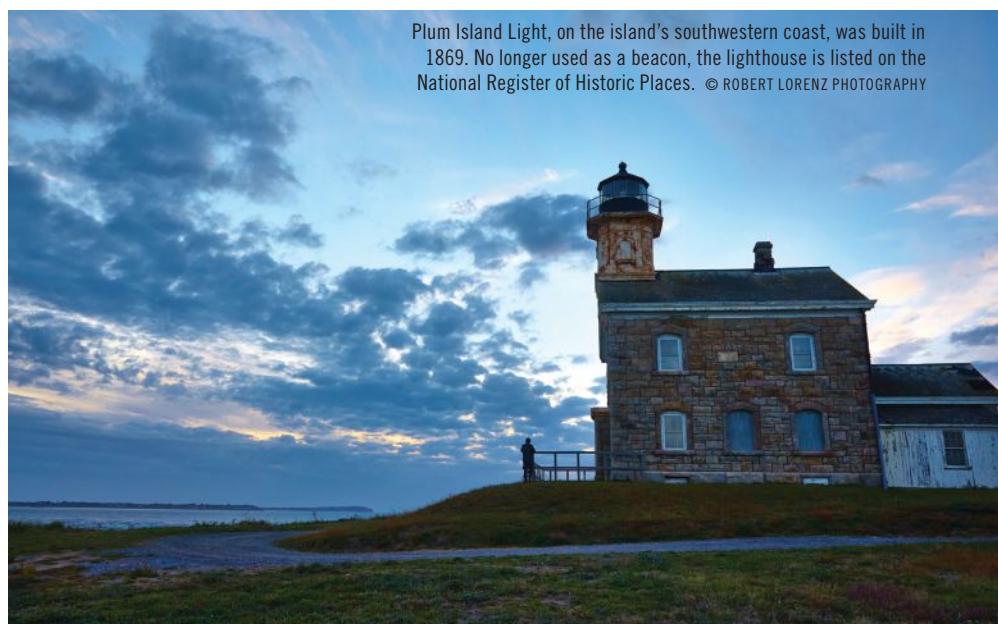
"I think it's a very bad idea. It's been shown that almost every laboratory that has ever worked with foot-and-mouth disease has had an outbreak," he says.

The Department of Homeland Security says that worries over an outbreak are unfounded. According to a Department of Homeland Security Science and Technology Directorate fact sheet, the most updated risk assessment for the facility "estimates the expected probability of an accidental release of viable Foot and Mouth Disease resulting in a subsequent outbreak during [its] 50-year operating lifetime is de minimis — approximately one tenth of one percent. This includes the likelihood of a catastrophic event like a tornado or earthquake."

With Plum Island's future still uncertain after a nearly decade-long preservation effort, a real estate listing for the island remains on the GSA government website. "Containing approximately 840 acres, the island boasts sandy shoreline, beautiful views and a harbor strategically situated to provide easy access from the Orient Point facility or elsewhere," the listing states. "Architectural highlights include a lighthouse listed on the National Register of Historic Places built in 1869 along with buildings and battery stations constructed as part of Fort Terry, a military fort actively used during the buildup to the Spanish-American War and during World War I and World War II."

Gregg agrees with the rosy assessment of the island's appearance offered in the listing. While he worked at the island, he says "everybody was quite proud of the fact that the island was a preserve of sorts outside of the laboratory."

Every year, those who worked on the island and family members would gather for a beach day. It was the only time the beach got used. That's a shame, Gregg says, as, much like other aspects of the island, the beach is truly one of a kind. "It's a beautiful beach. It's the best beach on Long Island, probably."



Plum Island Light, on the island's southwestern coast, was built in 1869. No longer used as a beacon, the lighthouse is listed on the National Register of Historic Places. © ROBERT LORENZ PHOTOGRAPHY

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BEER DRINKIN' BARS

BY MICHAEL LEE-MURPHY, ERIK OFGANG, ALBIE YURAVICH AND MIKE WOLLSCHLAGER

GOOD-DRINKIN' BARS

This category is inspired by New York City newspaper columnist Jimmy Breslin's catchphrase for the Piel's Beer commercials of the 1970s: "Beer is a subject that is not exactly unknown to me. So I tried one. I liked it. It's good beer. I tried another. It's better than good. It's a good-drinkin' beer."

THREE SHEETS

NEW HAVEN

Located in the same spot as the former Rudy's, Three Sheets has about as strong a pedigree possible for the concept of a drinkin' bar. It's a place where Yale kids rub shoulders with old New Haven regulars, people who have been on the New Haven bar scene for some time. The old Rudy's would let you write graffiti on the walls, and while the team at Three Sheets has replaced the tagged-up walls with a chalkboard, much of the same spirit of self-expression remains. The bar has a sneakily good menu, too.

475-202-6909, threesheetsnh.com



Three Sheets

CHERRY STREET STATION

WALLINGFORD

The "station" part of the name isn't that far from the truth, as this local watering hole sits right alongside the Amtrak and soon-to-be CTrail Hartford train lines. It's not uncommon to hear the rumble of the train and the bells that signify the oncoming locomotive. Sit on the patio with a few beers and watch the trains go by. As this is a drinkin' bar, a shot of whiskey is about as fancy as the cocktails get. Live music includes occasional metal and hardcore.

203-265-2902

THE PATTACONK

CHESTER

The 'Conk is the definition of a small-town *local*, that kind of bar that plays a role in the community as a meeting and gathering spot. This artsy, quirky section of Connecticut likes to enjoy itself, so expect this place to be properly full every Friday or Saturday night, as well as on plenty of weekend nights. There is a rotating draft list, great bar food and a homegrown vibe that can be found in fewer and fewer places.

860-526-8143, pattaconk1850.com

Plenty of beers on tap.
Creative cocktails.
An extensive wine list.
A bartender with a perfect pour.
Loads of TVs.
A spot for great conversation.

Ask someone what makes a good bar and you'll likely get a wide range of answers.

So when we set out to identify Connecticut's best bars, we knew we had to break it down across different categories to appeal to different tastes. From humble watering holes to high-end cocktail lounges, historic jewels to boisterous sports bars, you'll find a well-rounded collection of establishments on these pages.

What you won't find are breweries, distilleries and brewpubs, as we've covered those extensively for quite a while.

And for the home bartenders out there, we asked some of the state's most talented mixologists for a few adventurous cocktail recipes. Cheers!

BEST TO GEEK OUT ABOUT BEER

ELI CANNON'S TAP ROOM

MIDDLETOWN

One of Connecticut's oldest craft beer bars, Eli Cannon's has been serving quality brews since 1994. It has always managed to offer an elite lineup of rare beers from sought-after breweries in Connecticut and beyond in a variety of styles, without succumbing to any semblance of pretension. Pair this with a punk-rock attitude and great indoor as well as outdoor space, and Eli Cannon's is a destination to seek out.

860-347-3547, elicannons.com

CASK REPUBLIC

NEW HAVEN, NORWALK AND STAMFORD

A longtime staple of the Connecticut beer scene, each Cask Republic offers dozens of beers on tap, including a cask-conditioned option (a traditional beer served from a cask that is naturally carbonated).

The restaurants also offer a huge bottle selection of rare beers that have been cellared for years in some cases. The more you geek out about beer, the more you'll feel at home here.

New Haven: 475-238-8335

Norwalk: 203-354-0163

Stamford: 203-348-227

Stamford, CT 06902, USA. www.spudnik.com

MIKRO BEER BAR

HAMDEN

HAMDEN

Beer at this intimate Hamden bar is treated with great reverence. Each of the 18 beers on tap is curated and offers something unique and interesting. Recent options included several hard-to-find beers from Vermont, several rare sours and some Connecticut gems, including an IPA from Fox Farm Brewery in Salem. Beers are paired with a selection of small plates. MiKro is scheduled to move to a larger location down the road from its current spot in March, so keep an eye out for the change.

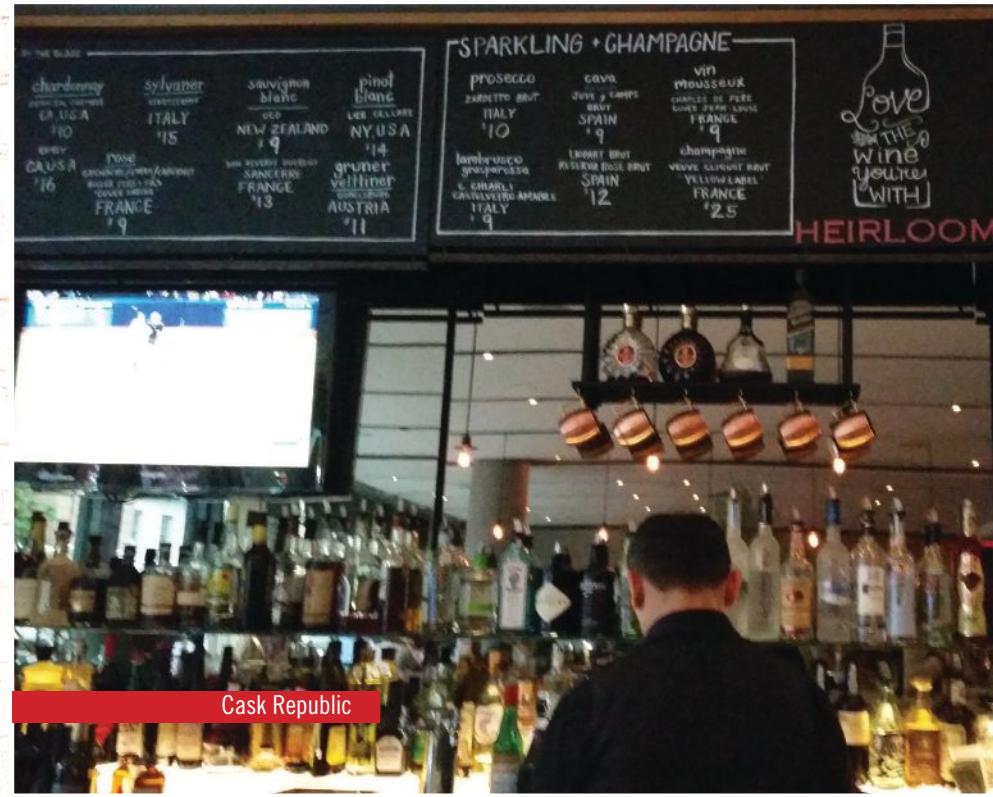
203-553-7676, mikrobeerbar.com

THE BEER COLLECTIVE

NEW HAVEN

As its name implies, this bar takes beer seriously. It has more than a dozen beers on tap with an emphasis on great local and regional varieties. It also is the perfect place to go for those who want to learn more about beer, or just immerse themselves in beer culture. There are regular beer seminars and beer dinners, and even a beer book library where guests are invited to read as they enjoy a brew.

203-507-2602, thebeercollectiveny.com



BEST FOR PEOPLE WHO USE THE WORD 'MIXOLOGIST'

LITTLE RIVER RESTORATIVES

HARTFORD

With its pre-Prohibition vibe, great collection of spirits and intensely dedicated bartenders, Little River makes its cocktails with the great respect the liquid artform deserves. We fell in love with the place the moment we tried its sazerac, back shortly after it opened in 2015. It continues to impress with its signature cocktails, punches, possets and grogs.

860-403-0340

facebook.com/littleriverhartford

ELM CITY SOCIAL

NEW HAVEN

In addition to its food, overall ambiance and impressive rooftop-bar area, Elm City Social is known for its modern reimagining of classic cocktails. The drinks menu is broken down into "shaken" and "stirred" sections with options such as Dawn of the Daiquiri (see recipe in this section), with strawberry- and jalapeño-infused Angostura white oak rum, in the former section, and classics including the sazerac and old fashioned in the latter. There is also a punch and highball portion of the drinks menu.

475-441-7436, elmcitysocial.com

116 CROWN

NEW HAVEN

Like moths to a flame, those in search of a fine cocktail are easily drawn to the glowing bar of 116 Crown. Citrus juices are freshly squeezed, syrups are prepared in house and, while there are no TVs to watch the big game, the resulting recipes are as complex as an NFL playbook. Some drink names are fun (Breakfast in Vegas, Glitterati) and some are ominous (Corpse Reviver, The Devil Himself), but they all seek to pack a punch for your palate.

203-777-3116, 116crown.com

CONSPIRACY

MIDDLETOWN

One of the newer places on the list, this spot has the feeling of the Prohibition era, hidden up an almost secret staircase on Main Street. The cocktails, too, are out of this world, with creations that are unique and innovative without verging into the novelty. The three-sided bar gives a particular atmosphere that is hard to come by, as well. The high ceilings and exposed brick give the place a feeling of class without being pretentious.

860-236-0211, conspiracyct.com

116 Crown Photo: Melanie Stengel

The cocktail: THE MIDDAY DRAGON

The bar:

116 Crown, New Haven

Ingredients:

3 oz. Four Roses Small Batch bourbon

½ oz. Campari

1 oz. citric acid simple syrup

½ oz. tarragon simple syrup

½ oz. lime juice

Directions:

Combine all ingredients in a shaker, shake and double-strain (julep strainer and screen strainer). Serve straight up with a lime and tarragon sprig.

"I'm a bourbon drinker. I like Four Roses for the consistent flavor and simple roots of the spirit. The Midday Dragon is unique in my mind for the two contrasting syrups that work with Four Roses' flavor profile. They highlight the best parts of the bourbon like a surfer works with a wave. The name is a reference to the Campari (surprisingly), as whiskey drinks are in no short supply and I wanted to make sure the noble spirits were both shown reverence. The dragon is the biscione, a Milanese representation of strength and seen on the crest of the Visconti family (as well as Alfa Romeo). It is as associated with Milan as taking a drink 'midday.'"

— Geoffrey Wolff Veitch,
tenured bartender



PHOTO: MIKE WOLLSCHLAGER

BEST FOR FUN AND GAMES

BARCADE

NEW HAVEN

Where childhood and adulthood collide. If arcade or video games were part of your life growing up, you may find yourself greeting some of these machines like a friend you haven't seen in ages. "Oh, wow! I remember you! We used to have so much fun!" In downtown New Haven you can relive the good ol' days in between sips of a wide variety of craft beers, some of which are exclusive to Barcade. And unlike childhood, the kitchen is open late, so you don't have to beg mom for a snack.

203-889-2966, barcadenewhaven.com

THE HOPS COMPANY

DERBY

If you hear a loud crash in this cavernous beer hall — and you will — don't be alarmed. It's only the tumbling of wooden blocks during a game of giant Jenga, one of many fun-filled offerings here. With long, communal tables, there's plenty of space to play a variety of board games, while also challenging your companions to rounds of foosball and darts. For the know-it-alls, Wednesday is trivia night. During the warmer months, THC's 4½-acre beer garden plays host to bocce and cornhole, including a cornhole state championship in the summer.

203-734-1616, thehopscompany.com

BRANFORD CUE & BREW

BRANFORD

This billiards hall and sports bar can be hard to find, but those who have been able to locate it know its gaming credentials are strong. Located in an industrial area off Route 1, Cue & Brew boasts 19 nine-foot pool tables, enough for both the leagues that call this place home, as well as casual players. On Tuesdays you can shoot pool for free, but there is a two-drink minimum. There are also 10 dart boards and a handful of arcade games and pinball machines including, of course, Pinball Pool.

203-483-1388, cuenbrewct.com

HOT ROD CAFE

NEW LONDON

This Bank Street spot in downtown New London has been around since 2005. Known for its sports bar atmosphere and robust selection of beer and wings — its traditional medium wings took second place at the National Buffalo Wings Festival in New York in 2015 — Hot Rod Cafe recently upped its game by adding a downstairs arcade pub meant to transport you back to the '80s and '90s. Among its many offerings are pinball machines such as *Addams Family* and *Game of Thrones*, and arcade games including *Pac-Man* and *NBA Jam*. To go even more old school, play some Connect 4 or chess.

860-447-2320, hotrodscafeneuwlondon.com

The Hops Company Photo: Alexia Morale



BEST FOR FEELING LIKE YOU STEPPED BACK IN TIME

THE WHITE HORSE COUNTRY PUB

WASHINGTON

With extensive expansions completed over the summer, The White Horse Country Pub now has even more charm (and space) than ever. Modeled on a British pub, it has warm and inspiring decor, an Indian motorcycle from 1920 behind the bar, and a beautiful outdoor riverside dining area. It's the type of place one can easily imagine stopping in at while backpacking across the countryside.

860-868-1496, whitehorsecountrypub.com

THE GRISWOLD INN TAP ROOM

ESSEX

A better category this bar could not fall under — it was built in 1735 with more wood than a woodchuck could chuck and dragged by oxen down Main Street to its current locale in 1801. A large fireplace, framed photos of ships adorning the walls and an old-time popcorn machine get the nostalgia flowing. Nightly entertainment and casual yet top-notch tavern fare, in addition to the beer, wine and spirits, keep it going.

860-767-1776, griswoldinn.com

BEST FOR A FIRST DATE (BUT YOU'RE BROKE)

J. LAWRENCE DOWNTOWN BETHEL

This new bar and restaurant is a great spot for a casual date. Located in a historic downtown Bethel building, it has a relaxed and friendly atmosphere. You can get wine, beer or cocktails and enjoy a menu of elevated comfort cuisine. Whether you grab drinks and a few appetizers as you talk — the Pilgrim Poutine is a favorite of ours — or settle in for the whole meal, there are plenty of options.

203-616-5949, jlawrencect.com

FIREHOUSE 12

NEW HAVEN

The bar in Firehouse is an architectural curiosity as much as it is a great place to drink. It's housed in the basement of the old 1912 firehouse, which also has a recording studio and performance space on the ground floor. In the bar, drinkers lean up against concrete forms reminiscent of the modernist and brutalist parking garages and academic buildings that dot the New Haven cityscape. There is dim mood lighting and nice cocktails, but also \$3 tall cans of Pabst Blue Ribbon.

203-785-0468, firehouse12.com

HIGHLAND BRASS CO.

WATERBURY

Self-described as a "speakeasy meets brasserie," this neighborhood spot in the Town Plot section of the city offers creative cocktails and Connecticut craft beers. But as the beer-can pyramid photo — consisting of Bud Light, High Life and PBR, among others — on HBC's website can attest, simple fun is also on the menu. Food trucks roll in every Thursday night, and the establishment's limited hours of operation (44 per week) ensure that regulars will soon become friends.

203-596-0070, highlandbrassco.com

LUCKY LOU'S BAR AND GRILL

WETHERSFIELD

They don't call it Old Wethersfield for nothing. Tucked in Connecticut's first permanent settlement, the 1787 Deming-Standish house that is home to Lucky Lou's fits right into the historic district. While the exterior is much as it was in the early 19th century, the inside has seen renovations that, luckily, preserved much of the original tavern feel, including dark, wide-plank wood floors and vintage plaster walls. A bonus for history buffs: George Washington stayed just across the street at the Joseph Webb House, where he planned the decisive battle of Yorktown.

860-257-0700, luckylusbarandgrill.com

BEST FOR FOODIES

STEINBOCK TAVERN AT THE ALPENHAUS RESTAURANT

NEW MILFORD

The Steinbock Tavern not only offers a jovial beer-hall atmosphere, and large steins of German or Connecticut beer, it has some of the best examples of German cuisine you'll find anywhere in Connecticut. The menu features several schnitzel varieties, soft Bavarian pretzels, potato pancakes and that favorite of German cuisine, sauerbraten. This isn't just "good for a bar" food, it's great food in any setting.

860-799-5557, alpenhausct.com

M/BAR

MYSTIC

Also known for its wine selection, M/BAR is also a haven of edible delights. Tightly focused breakfast and dinner menus feature seasonal ingredients and hand-crafted creations. For breakfast, there are house-made bagels that contributing writer Shelley Lawrence Kirkwood called "among the best you will find in Connecticut," as well as more creative options such as spicy veggie chili and braised beef tacos. Small plates to be enjoyed later in the day include chicken and pear pot pie and schnitzel of pork.

860-245-4499, mbarct.com

CELTIC CAVERN

MIDDLETOWN

The food menu here is something to behold: adventurous and interesting, there are enough offerings to keep you coming back many times. Not your typical nachos and wings (though we have no problem with that!), the menu at Celtic Cavern is more likely to feature fresh fish, or a Chinese-inspired fried rice dish. The beer list is impressive, to boot.

860-894-2954, celticcavern.com

ORDINARY

NEW HAVEN

This bar is truly from another era. This Chapel Street institution was originally the in-house bar of the Taft Hotel, the hulking structure that holds court on the corner of Chapel and College streets. The hotel is now luxury apartments but the bar still has the atmosphere of when the great and the good, presidents and captains of industry, would make appearances in downtown New Haven. Gorgeous wood paneling adorns the walls, and the ornate wood carvings behind the bar make you feel as though you are in another decade's New Haven.

203-907-0238, ordinarynewhaven.com

ENGINE ROOM

MYSTIC

With its extensive program of beer, wine, cocktails and whiskey, Engine Room can more than hold its own as a pure bar. But what puts it over the top is its high-end American comfort food, led by its slate of dry-aged burgers. Powered by Dan Meiser and chef James Wayman, the team behind well-regarded Mystic neighbor Oyster Club, Engine Room uses some of the same food suppliers that provide ingredients for the seafood spot. Engine Room also offers themed monthly dinners. On March 18, Wayman presents a multi-course Mexican feast inspired by his travels in Oaxaca.

860-415-8117, engineroomct.com

BAR

NEW HAVEN

Many consider the Big 3 of Elm City pizza to be Pepe's, Sally's and Modern. If we're adding a bar into the equation, well, BAR might just be No. 1. (If you take the nightclub into consideration, it's in a category of its own.) The mashed potato and bacon pie is the calling card, but with toppings such as sun-dried tomatoes, house-roasted red peppers, eggplant, artichoke hearts, buffalo chicken, little neck clams and shrimp, you'd have to come back quite a few times to try it all. And you just might.

203-495-8924, barnightclub.com

The cocktail: BAD HOMBRE

*The bar: Little River
Restoratives, Hartford*

Ingredients:

1 oz. mezcal (lowland preferred)

1 oz. blanco tequila

¾ oz. lemon juice

½ oz. local honey syrup

¼ oz. truffle-infused honey



Directions: Pour the liquid into a shaker, shake and strain into a coupe glass.

"This drink was a foray into savory cocktails. It matches the assertive qualities of mezcal with the intensity of white truffles. It's the first drink we've had to bring back to the menu; so many people kept asking for it and were disappointed when we weren't able to make it." — Chris Parrott, owner of Little River Restoratives

**The cocktail:
CLARIFIED
PISCO PUNCH**

**The bar:
Conspiracy, Middletown**

Ingredients:

750 ml pisco (unaged Peruvian grape brandy)

750 ml hawthorn hibiscus tea

500 ml tamarind juice

240 ml lemon juice

3 cinnamon sticks

30 coriander seeds

10 cloves

7 crushed cardamom pods

10 strips of orange peel

10 allspice berries

Grated nutmeg

Oleo saccharum

20 oz. whole milk

Directions:

Combine pisco, hawthorn hibiscus tea (or any tea of your choice), tamarind juice (Goya brand works great) and lemon juice.

Add cinnamon sticks, coriander seeds, cloves, crushed cardamom pods, orange peel strips, allspice berries and grated nutmeg over the surface of the mixture. Let sit overnight.

Add oleo saccharum to mixture. (To prepare, peel eight lemons, add two cups of refined sugar to the bowl, muddle and let sit for one hour. A paste of sugar and lemon oil will form.)

Heat whole milk just to simmering (do not boil).

Add punch mixture.

Strain contents through cheesecloth until mixture become clear.

Bottle and keep refrigerated. Makes about 20 tea-cup servings.

"This pisco punch, a variation of it, dates back to the 1860s. Pisco was big in San Francisco around the time of the Gold Rush and all that. They would do pisco with tea and pineapple. So we just do a variation of it." — Mark Sabo, co-owner of Conspiracy



PHOTO: MICHAEL LEE-MURPHY

BEST FOR GAME DAY (THAT ISN'T BUFFALO WILD WINGS)

**MATTY'S NEXT DOOR
SPORTS BAR**

MIDDLETOWN

Sports bars are a polarizing thing. You either like being surrounded by zillions of TV screens, able to look in on a dozen different games at once, or you don't. For those who do (during March Madness, perhaps), Matty's on South Main Street hits the spot. From the same owners as the legendary Jerry's Pizza next door — you can order a pizza at Jerry's and bring it to Matty's — these people have been in the Middletown food game for a long, long time.

860-346-5335, mattysnextdoor.com

CHICAGO SAM'S

CROMWELL AND ENFIELD

No, that's not television-themed wallpaper. Those are televisions. Chicago Sam's in Cromwell boasts 100 TVs in its 10,000 square feet while its little brother in Enfield "only" has about 40. Being that it's March, these locations will be absolutely packed with madness from Thursday through Sunday for the next few weeks. For the other 11 months, there's nightly entertainment, trivia, karaoke, and tons of drink and food specials, depending on the day.

Cromwell: 860-635-1860

Enfield: 860-741-2936, chicagosams.com

**TED'S RESTAURANT
& BAR**

STORRS

It's the UConn bar, and more accurately described as the best bar to (be at before you) watch a game. It's also where alumni gather when they're back on campus — you can feel the nostalgia and history in the place. Wash down a barbecue chicken onion ring pizza with a pitcher of Bionic Beaver; now you're in Husky Nation. And if this March is like most Marches in recent memory, the women's basketball team's quest for another national title will bring plenty of patrons through the doors.

860-429-9545, tedsbar.com

**COVER TWO
SPORTS CAFE**

NEWTOWN

Nestled in the Sandy Hook hamlet of Newtown, Cover Two has everything you can ask for from a sports bar: good TVs, a neighborhood feel and lots of gameday enthusiasm from patrons. There also is a strong beer list and solid food, and guests get the bar's signature wings for free on their birthdays. There's a reason locals praise this spot.

203-426-5441, covertwosportscafe.com



BEST TO ROCK YOUR SOCKS OFF

CAFE NINE

NEW HAVEN

Another New Haven classic, this spot on the corner of State and Crown boasts live music every night of the week. Every. Night. Jazz, blues, rock 'n' roll, hip-hop, punk; all types have been known to stop by Cafe Nine. As such, the bar attracts a seriously diverse crowd of people from all walks of life. Nestled as it is along a fairly barren stretch of State Street, people don't mind making a bit of noise. Its design is so classically that of a bar that it's on our cover. That's how much we like it.

203-789-8281, cafeneine.com

THE OASIS PUB

NEW LONDON

A super selection of craft beer combines with live music in an intimate setting, so sometimes it gets a little loud and rowdy. And that's why you come here. There's a pool table, theme parties and occasional bingo nights, but it's not your grandparents' kind of bingo — check their Facebook page and you'll understand. Local artists are also on display in what is affectionately referred to as a hipster dive bar.

860-447-3929, facebook.com/theoasispub

THE STOMPING GROUND

PUTNAM

There's seemingly always something going on at this place that calls itself "more than just a bar — We're an Experience!" Part of that experience is live music every Tuesday through Saturday night. There's trivia on Wednesday, jazz on Thursday, and open mic nights on Sunday. Hungry for more? In addition to Sunday brunch and Taco Tuesday, the menu is packed with gourmet grilled cheeses, burritos, pot pies and desserts. But the live music is the main course. The Quiet Corner may need a new nickname.

860-928-7900, the-stomping-ground.com



The cocktail:

DAWN OF THE DAIQUIRI

The bar:

Elm City Social,
New Haven

Ingredients:

2 oz. strawberry- and jalapeño flesh-infused Angostura white oak rum

1 oz. simple syrup

¾ oz. freshly squeezed lime juice

Directions:

Combine ingredients in shaker tin. Do your cocktail dance and shake vigorously. Double strain into your coupe glass. Garnish with a lime peel.

"This drink has been a staple on our menu since we opened our doors in 2015. It's a perfect example of a 'simple but effective' ideology: taking one of my favorite of the O.G. (Original Gangster) cocktails, the daiquiri, and bringing some fresh fruit and bright vegetable flavors to the party. We infuse virgin-oaked rum with fresh strawberries and the rinds of jalapeños (no seeds or pith so there's little to no heat whatsoever). What we are left with is a perfectly balanced cocktail that all palates can enjoy." — Dan Rek, head mixologist at Elm City Social

The Acoustic *Photo: Lindsay Niegelberg*

THE ACOUSTIC

BRIDGEPORT

It's all about the sound at this venue, which underwent a renovation a few years ago to maximize the live music experience. The space is small, so there's not a bad seat in the house. Make no mistake: This isn't the type of place where the beer list is the focus, and there's no kitchen on the premises. But there are some solid brews on tap and you're allowed to bring in food. The Acoustic is here to put the rock in Black Rock.

203-335-3655, theacoustic.rocks





116 Crown's Apple Ginger Ginger Beer

MISSION: MOCKTAIL

The Hunt for Creative and Tasty Non-Alcoholic Drinks

For non-drinkers who want to pop in to the local sports bar to watch college basketball without imbibing, what to order? After checking in with mixologists and bartenders throughout the state, we can report that options are limited. Connecticut is a little dry for the dry, but if you're bored with coffee and soda there are a handful of bars in the state offering "mocktails" — non-alcoholic mixed drinks — to quench your thirst.

116 Crown in New Haven has a few stellar options which include an apple and ginger ginger beer (apple cider and ginger beer) and ginger lemonade spritzer (house-made ginger syrup, freshly squeezed lemon juice, club soda). The Bartaco chain also deserves credit for its nojito, which is muddled mint and sugar cubes with lime juice and club soda. It tasted surprisingly close to the real thing, and the nojito name alone warrants some kudos.

Sarah Maloney, executive director of the Connecticut Restaurant Association, says she's heard of the mocktail movement going on in New York City, but "it hasn't caught on here in Connecticut as of yet." Maloney did add that some mixologists she has spoken with "agree it would be something fun and easy to do, as many bars have the fresh juice and garnishes in house already."

Apple Ginger Ginger Beer

1 oz. ginger syrup

Top up with equal parts local apple cider and ginger beer

Ginger lemonade spritzer

1 oz. ginger syrup

3 oz. freshly squeezed lemon juice

Top up with seltzer water

BEST FOR THE WINE-AND-CHEESE CROWD

NOUVEAU MONDE WINE BAR + BISTRO

SANDY HOOK

Nouveau Monde is serious about wine. The restaurant's *Wine Spectator* award-winning list features more than 40 wines by the glass and 130 wines by the bottle, many of them hard to find. Modeled on a 1930s Paris bistro, intermingled with a London pub and Harvard book club, the restaurant has a unique feel and atmosphere that is elegant and relaxed. There are even suggested wine pairings for most food menu items.

203-491-2723, nouveaumondewinebar.com

SARAH'S WINE BAR

RIDGEFIELD

Bernard's restaurant gets the bigger sign at this well-regarded double eatery near the New York border, but Sarah's Wine Bar deserves a billboard for the thousands of wines it serves. A nice complement to Bernard's more buttoned-up vibe, Sarah's offers a casual bistro atmosphere with rustic furnishings and rotating artwork. It's the perfect setting for sipping French vintages and noshing starters such as French onion soup and baked brie and entrées such as trout amandine and duck leg confit.

203-438-8282, bernardsridgefield.com

VINTED

WEST HARTFORD

This wine bar in trendy Blue Back Square has more than 70 wines, from champagnes and chardonnays to malbecs and merlots. While its list isn't the longest in the state, Vinted's WineStation cooling technology allows for maximum tasting combinations. You're free to order in 1-ounce taste, 3-ounce half glass, 6-ounce full glass or by the bottle. Pair that with a strong lineup of small plates and tapas and you'll be able to try a bit of everything.

860-206-4648, vintedwinebar.com

BIN 228

HARTFORD AND GLASTONBURY

While the smaller Hartford location bills itself as a panini and wine bar, the newer Glastonbury gastropub is no slouch when it comes to wine. At the Bin 228 in downtown Hartford, a modest kitchen mostly limits the fare to small plates, allowing the dozens of wines to be the focal point of the dining experience. In Glastonbury, a larger space allows for more expansive culinary offerings, along with a well-rounded selection of beer, liquor and cocktails.

Hartford: 860-244-9463

Glastonbury: 860-430-9699, thebin228.com



Sarah's Wine Bar Photo: Jay Weir





Keagan's Irish Pub & Restaurant *Photo: Catherine Avalone*

BEST IF YOU'RE IRISH (AND EVEN IF YOU'RE NOT)

MAPLE CAFE

HARTFORD

Irish bar extraordinaire. You can be sure they know how to pull their pints properly at this South End haunt, having been there since the 1970s. It also makes the claim to be the oldest Irish bar in the city. The simple and familiar interior has the kind of decorations and atmosphere that would not be out of place in Ireland itself. Cheap pints on St. Patrick's Day. **860-956-1181, themaplecafehartford.com**

KEAGAN'S IRISH PUB & RESTAURANT

MIDDLETOWN

Keagan's is relatively new, having been in this space for the last few years. It has settled into the space nicely, however, and feels like it's been there for much longer than that. The food menu features all the Irish-American classics including corned beef, along with a great burger selection. **860-346-2400, keagansct.com**

THE INISHMOR

COLCHESTER

Opened in 2014 and named after the largest of the Aran Islands off Ireland's west coast, The Inishmor strives for the sort of community feel one seeks in an Irish pub. Live music and trivia nights draw people together, as does the food and beer selection. You'll, of course, find staples such as corned beef, but served with locally grown cabbage, potatoes and carrots, and shepherd's pie, but with traditional lamb rather than beef. The beer list is a winning combination of local brews and Irish imports. **inishmorpub.com**

A PARTING SHOT

An Ode to the Anchor, New Haven's Dearly Departed Bar

As this is our list of best bars, let's take just a moment to remember one of the best bars that is no longer. When a bar closes, an entire constellation of relationships comes to an end, too. In this sense, a bar resembles something of an aquarium or a petri dish: this collection of beings is held together in that physical space for the reason of the physical space alone. When it's gone, the group of people will never come back together.

The Anchor, in my fondest memories, was where the oddballs and weirdos of downtown New Haven drank. With its neon lights, positively gorgeous Wurlitzer jukebox, semi-circle booths

and carpeting, it was completely and totally unique for downtown New Haven. No other bar resembled the atmosphere or attracted that particular gathering of people. No bar has done so in the three years since it closed.

There was a piece of advice floating around the internet about how to find the best bar in a given city.

- Go to online sites TripAdvisor or Yelp and look up what the best bar is.
- Go to that bar.
- Ask the bartenders where they drink when they're not working.
- Go to *that* bar.

The Anchor was *that* bar.



PHOTO: CATHERINE AVALONE

After sitting on College Street near the corner of Chapel Street for some three quarters of a century, the Anchor closed its doors without fanfare, with the silence of death, in January 2015. Yale's property development arm, which was the Anchor's landlord, declared after the fact that the business was in arrears and had to be shuttered. Yale replaced the Anchor with its own version a year later. Of this we will not speak.

There is a T-shirt and bumper sticker for sale that reads, "New Haven: I really liked you better back when you really sucked." The phrase, according to its creator, was first uttered at the Anchor, during a toast to a just-deceased friend. The Anchor is dead, and we may not see the likes of it again. —Michael Lee-Murphy



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155 Cherry Street

the connecticut table

REVIEWS, FEATURES, RESTAURANT LISTINGS

French Revolution

MANCHESTER'S BISTRO ON MAIN SERVES UP LIBERTÉ, EGALITÉ, FRATERNITÉ AND DUCK
BY MICHAEL LEE-MURPHY

There are a number of unique things about Bistro on Main, Ben Dubow's new venture on Main Street in Manchester. The first is that the word "venture" is something of an imprecise term for the restaurant: It is not, strictly speaking, a business venture. It is a social enterprise, owned and operated as a nonprofit by the charity arm of the Manchester Area Conference of Churches. Another departure point for Bistro on Main is that it has its roots in a soup kitchen and job-training program. A third, and perhaps most significant, departure from trend: Bistro on Main bucks the notion those dealing with food insecurity should be consigned to the canned, the processed, the frozen. The restaurant likewise challenges the notion that those very secure in their food should eat amid white tablecloths and stilted atmosphere.



Poulet zhatar:

Roasted half-chicken from MarWin Farm in New Hartford, zhatar rub, ancient grains pilaf, market vegetables, green tahini sauce and grilled lemon. PHOTOS: JULIE BIDWELL

Bistro on Main is high-end French cooking, served in an unfussy atmosphere, with a restaurant culture that turns industry convention on its head. Dubow, who previously ran the kitchen at West Hartford's Blue Plate Kitchen, says that Bistro on Main must have a foot in two worlds to be successful. "We wanted to create a restaurant that could stand on its own as a really great restaurant which would also be good for the community," Dubow says. "If it was just a charity thing, people might come once or twice out of curiosity or to support it, but at the end of the day that wasn't going to be a good business model."



Bistro on Main Manchester

cuisine, though it expands to include a number of variations on the notion of what is French. We'll start, as I started, with the moules frites appetizer. While mussels are found on many French bistro menus, Dubow's come steeped not in the typical butter or cream sauce, but in a gorgeously sweet red coconut curry sauce. The fries are thin and crispy, as they should be. The curry flavors in the mussel dish, Dubow explains, are a tribute to the cuisine of the Indian city of Pondicherry, which was initially a French colony. That basic idea, of incorporating the mix of flavors across the world, continues throughout the menu. The appetizers (hors d'oeuvres, if we're staying consistent) also feature a duck poutine, a nod to the gloriously rich foods of our Quebecois neighbors to the north.

The highlight of the appetizers, however, was the calamari. It is a common enough dish, and usually satisfying. It's rare, however, to get a truly great offering, which is what Bistro on Main delivers.

Lightly battered and fried, the calamari is perfectly delicate.

The wine list is particularly well crafted. Your best bet is to go with a dry French red, built to pair with the buttery richness of the various offerings. The centerpiece

entirely succeeds in the goal. It is a great restaurant, with offerings that would impress, served as part of any kind of business model. As the *bistro* in the name suggests, the menu is certainly French



Above: The bar proclaims the philosophy: "We at Bistro on Main have two passions: hospitality & community. So be our guest, relax & savor as we eat good & do good."

At right: Canard aux lentilles with MarWin Farm duck breast, blackberry Dijon glaze, black lentils, ratatouille and winter green pistou.



of the plats principal, or main courses, is undoubtedly the bouillabaisse provençale. It would almost be suitable for two people, such is the size of it. The English translation on the menu offers "fisherman's stew" as an alternative name for the dish, which sells it a bit short. It comes stuffed with all types of seafood, in a flavorful, translucent broth, reminiscent of Rhode Island clam chowder. The stew comes with a veritable cornucopia of seafood: salmon, monkfish, mussels, clams, calamari, shrimp, all stocked from Red's Best Seafood, out of Boston. The stew is served with a piece of lightly grilled baguette, so you don't have to leave any of the broth behind.

Duck makes another appearance in the hearty canard aux lentilles main course, a stick-to-your-ribs offering which, like the poutine, would do the trick for a Canadian lumberjack or fur trapper heading into the northern snows. In keeping with the

mixture of French food with the local cuisines of the places France colonized, the poulet zhatar is a roast half-chicken, smothered with a rub known as zhatar, a blend of savory spices typical of Lebanese cooking. Desserts are tasty, if fairly standard, with a bread pudding and a lovely peppermint mousse that worked as a subtle palate cleanser.

All of this adds up to a wonderful experience, in which your palate might be stretched and surprised by tastes and combinations not often available in Manchester and environs. The real surprise, though, and the most thought-provoking thing about the whole experience, is the bill.

In George Orwell's account of Catalonia during the Spanish Civil War, when anarchism was the prime political philosophy of the region, he describes encountering a society without tipping. "Waiters and shop-walkers looked you in

Bistro on Main

867 Main St., Manchester

860-432-5267, bistro-on-main.com

Price range: Hors d'oeuvres \$10-\$14 (poutine \$10, calamari \$13, moules frites \$14), plats principal \$15-\$29 (bouillabaisse \$29, canard aux lentilles \$28, poulet zhatar \$24), desserts \$4-\$8 (bread pudding \$7, mousse \$4).

Hours: Wed.-Sat. 11 a.m.-9 p.m. Closed Sun.-Tue.

Wheelchair accessible

AMBIENCE Relaxed and unpretentious. Lots of laughter and fun. Don't bother dressing up, even though the menu might make you think you need to.

SERVICE Learning, which is the point. Servers might not know how to open a bottle of wine all that well. Didn't much matter. Food was served hot, the orders were correct, and the wine was poured.

FOOD Gorgeous, luxurious, subtle and hearty. Bistro on Main does French cooking that fills you up but has complexity and depth. You'll need many visits here to work your way through its well-rounded menu.



Line cook Ahmed Gibson readies for a night's work.

the face and treated you as an equal. Servile and even ceremonial forms of speech had temporarily disappeared. ... Tipping was forbidden by law; almost my first experience was receiving a lecture from a hotel manager for trying to tip a lift-boy," he writes.

There is a smaller but altogether sincere revolution going on at Bistro on Main. A small blurb in the margins of the menu, which you could miss if you weren't looking for it, explains the basic reasoning behind the no-tipping policy. "All staff are paid a fair wage for their work. Our prices reflect this investment in our staff," it reads.

Indeed, the prices are steep enough. But Dubow says the lack of tipping changes the attitude of the entire restaurant. Because the kitchen staff and the wait staff all make the same amount of money, there is not the kind of resentment that can occasionally creep into restaurants' working environments. The waiter serving us said as much while graciously enduring a brief interrogation from myself and my two dining companions, who had both worked in food service for tips. Our server said that he and his fellow front-of-house coworkers didn't feel the need to compete for the busier shifts, because they knew precisely what they were going to make.

Don't servers make less money than they would from tips on \$25 and \$30 entrées, defeating the anti-poverty mission of the restaurant? Dubow says that the reliability of the paycheck is what his Bistro on Main's no-tipping policy is trying to prioritize. Servers are "probably doing worse on a Saturday night, and probably doing better on a slow Wednesday lunch," Dubow says. Referencing New York City restaurateur Danny Meyer's experiments with removing tipping from his restaurants, Dubow says he believes it's the way the industry is going.

Many restaurants hire people from marginalized and disenfranchised backgrounds, but Bistro on Main — with its explicit anti-poverty mission — makes a point of it. "There are a lot of people in this industry who have been through the school of hard knocks, who kind of get it," Dubow says. "It's a place where your ability to do the job wins."

Bistro on Main wins, the food wins, the social mission wins. The dishes are perhaps on the expensive end of things, but the people who make it and bring it to you are paid enough to live decent lives, and to train for the next job. Call it wealth redistribution. It tastes good.

Hen House Bar-B-Q

THIS SOUTHBURY SPOT DOES FRIED CHICKEN RIGHT

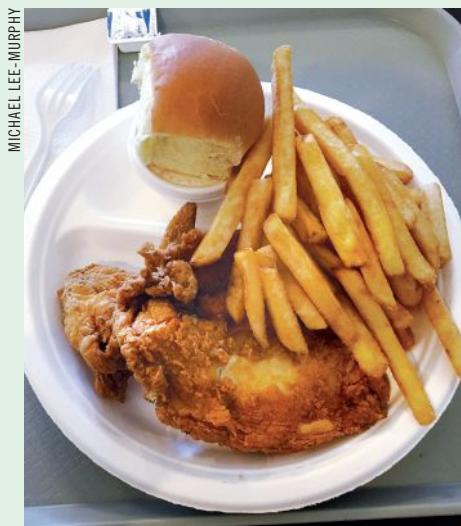


UNDER THE RADAR

There are the hot new spots, on the tips of the tongues of foodies around the state, in hip locales with designs that tap into the most recent trends. Often the food is a hyped-up, yuppie version of classic working-class and immigrant food: tacos, banh mi, and that old favorite of the American South, fried chicken. But elsewhere, far from trendy downtown blocks, tucked in the back of strip malls and in the city hinterlands is where the original — and best — versions of these foods are located. Locals know. The rest of us have to discover.

For fried chicken, one of the best places in the state is found in a nondescript strip mall, hidden behind a dollar store on Route 10 in Southington. Hen House Bar-B-Q serves simple, no-frills fried chicken, and much, much more. While there are various fish options, barbecued chicken and ribs, and a classic "from the grill" menu with burgers and melts, I go for the fried chicken.

My usual order is the breast-and-wing combo from the dinner menu: two decently sized pieces of chicken served with coleslaw, a dinner roll, and a heap of fries (\$7.49). The chicken is thrown into the



MICHAEL LEE-MURPHY

deep fryer right after ordering, so when it comes to you about 15 minutes later, it tastes fresh and juicy. If your usual association with fried chicken is of pieces that sit under a hot lamp for too long and come out over-crispy,

too salty and dry, allow Hen House to reawaken your understanding of what fried chicken can be. Like fast-food chains, you can stop by Hen House on your way home from work and pick up a whole family dinner's worth of food.

Like the chicken, the atmosphere of Hen House is low-key. Furniture and decorations that appear to be from the 1970s adorn the space, which consists of a handful of booths. It feels a bit as though you are invited into someone's home, which fits with the home-cooking

vibe of the place. It has a lived-in feel, having been open since the late 1980s.

| MICHAEL LEE-MURPHY |

Hen House Bar-B-Q

192 Main St., Southington
860-276-0798, henhousebbq.com

Hours: Tue.-Sun. 9 a.m.-10 p.m. Closed Mon.
Wheelchair accessible



Stafford Cidery

INNOVATIVE STYLES
AND A FUN ATMOSPHERE
MAKE THIS QUIET CORNER
CIDER HOUSE WORTH A TRIP

When husband-and-wife team Dan Tomlin and Jodi Harmon found themselves unemployed a few years back, they were forced to improvise to avoid giving up alcohol.

"We couldn't afford booze, so I started making booze," Tomlin says.

Specifically he started making hard cider, and through trial and error he got good at it. *Really* good at it. Before long, the couple decided to open a cider house. After more than a year of planning, the Stafford Cidery debuted in April 2017 in an inviting space in the heart of Stafford Springs.

The cidery, which celebrates its one-year anniversary in April, operates like a brewery taproom. Visitors are allowed to bring outside food, and there's a fun and laid-back atmosphere, with live music, games and rotating art shows.

"We don't have TVs. We encourage people to



talk to each other," Harmon says. "We have books, we have games."

Tomlin adds, "We call it forced socialization."

The cider house offers a wide variety of rotating flavors and styles. Its cider is available on tap in Tolland and Windham counties and occasionally beyond (Shebeen Brewing Co. in Wolcott regularly features it).

Its brand of ciders is called Crazy Cock Cider, and the individual styles often have wacky, pun-inspired names, matched by equally wacky and wonderful flavors. A favorite is the Sock Hop, a cider flavored by citra and mosaic hops that tasted better than other hopped ciders I've tried. Hopped ciders often accentuate the worst parts of hops: the pure bitterness and aftertaste of an IPA-drinking experience. In contrast, this hopped cider brings out the herbal and floral aspects of the hop.

Another intriguing variety is a chocolate cider

called the Cock-O-Lot (get it?). This cider is less sweet than expected and rich with a cocoa, almost coffee-like flavor. Other variations include vanilla, ginger and even a cayenne pepper-flavored cider that is, as advertised, spicy. Visitors at the cider house can mix and match their favorite varieties.

"We encourage people to mix them," Harmon says. Mix the chocolate and vanilla cider, for instance, and you have a drink that is the cider world's answer to the black and white milkshake.

Stafford Cidery is the second craft brewery-style cider house to open with a taproom; New England Cider Company opened in Wallingford in 2016, and at least one other cider house is on the way.

Though Connecticut's burgeoning cider movement has been influenced largely by craft beer, cider is in actuality an apple wine and draws beer and wine drinkers, as well as daytrippers.

The cider house is not far from I-84 and is also close to Tree House Brewing Co., one of the world's most highly acclaimed breweries, just across the Massachusetts border in Charlton.

Regardless of what brings them to Stafford Cidery in the first place, many who stop in once will return. Regulars become friends with the owners, and newcomers are warmly welcomed. Stafford Springs might be a trip for some visitors, but it will be worth the time. | ERIK OFGANG |

Stafford Cidery

68 Main St., Stafford Springs
crazycockcider.com

Hours: Mon. & Thu. 5-9 p.m., Fri. & Sat. 5-10 p.m., Sun. 2-8 p.m. Closed Tue. & Wed.

Accessibility: A small step leads into the cider house

beer hall and housed inside the former People's Bank building. One highlight is a wurst and sausage bar, where customers can choose from meats including chorizo and bratwurst. There also is a planned game room with traditional German and arcade entertainment. **203-690-1670, harlanhaus.com**

Donut Crazy, Branford

This ever-expanding Connecticut group of doughnut shops opened its fifth location in Branford at the start of the year. The new spot features the same mix of pastries, coffee and lunch featured at other Donut Crazy locations. Always-available specialties include the Birthday Cake, a glazed cake doughnut topped with buttercream frosting, and the Apple Crumbly, a doughnut stuffed with apple filling and coated in fresh doughnut crumble. There are also doughnut specials that rotate monthly. **203-208-0529, donutcrazy.com**

Farmhouse Crêpes, Storrs

Opened in October, Farmhouse Crêpes offers

openings

A monthly look at some of what's new and exciting on the Connecticut dining scene

Crazy Taco-Mex Taqueria & Tequila Bar, Stamford
It's hard not to want to try a place with this colorful a name. A brick-and-mortar location that grew out of a successful food truck with the same name (minus the tequila-bar part), this restaurant offers Mexican favorites such as guacamole, burritos and, of course, its signature tacos. **914-565-6577, crazytacomex.com**

Cast Iron Chef Chop House & Oyster Bar, New Haven

Attilio Marini, the executive chef at this new restaurant, specializes in cooking dishes in a cast-iron skillet, an old-world technique he says produces

the most perfectly cooked steak. The steak — which is hand-cut and aged in house — is brought to each table in the skillet, allowing it to stay warm while customers dine. In addition to the specialty steak, the menu includes lamb and duck entrées and a variety of fresh seafood options. **203-745-4669, cicch.net**

Pasta Giardino, Danbury

From the owners of Della Francesca, a popular Danbury restaurant, comes this new Italian eatery centered on that classic of classic Italian foods: pasta. It offers 19 types, with varieties such as fettuccine alfredo, spaghetti carbonara, penne vodka, linguine vongole and spaghetti with meatballs. **203-826-9011, pastagiardinioct.com**

Harlan Haus, Bridgeport

Stephen Lewandowski, owner of the popular Harlan Social in Stamford and Harlan Publick in Norwalk, brings the latest Harlan restaurant to Bridgeport. The new 7,000-square-foot space is modeled on a German

Trying the Impossible

THE SILICON VALLEY-CREATED IMPOSSIBLE BURGER ARRIVES AT PLAN B. DOES THIS VEGETARIAN OPTION LIVE UP TO THE HYPE?

BY ERIK OFGANG

When Kevin Watson first heard about the Impossible Burger, he was intrigued. Reading about the plant-based burger in restaurant industry publications, the executive chef and vice president of business operations for Plan b Restaurants learned it was made by food scientists in Silicon Valley.

According to early buzz, food technology startup Impossible Foods' creation was the most realistic, most beef-looking and beef-tasting burger ever. Made from wheat, coconut oil and potatoes, and powered by heme, an iron-rich molecule that is abundant in meat, the Impossible Burger had been making a splash at top New York City restaurants since its debut in the summer of 2016.

In late December, Plan b started offering Impossible Burgers at all nine locations, including its six Connecticut restaurants. The restaurant group is not the first or only restaurant offering Impossible Burgers in the state, but as one of Connecticut's premier high-end burger bars, the chain is an interesting testing ground for the cutting-edge food.

When the first batch of the lab-designed burgers arrived, Watson began experimenting. He was impressed first with its meat-like texture.

"It's a little scary at first," he says. "It does look like meat. It browns even though there's no fat in it."

Plan b has long offered a house-made vegetarian burger, but Watson says this quinoa-based burger is "very earthy, very vegetable flavored. It's very tasty. It's got a lot of roundness of flavor for a veggie burger, but it's clearly a veggie burger." In contrast, the Impossible Burger not only looked and behaved like meat, it tasted like it.

"It's like a low-grade hamburger, like a school-lunch hamburger almost," Watson says.

Recently, I tried the Impossible Burger with fellow magazine writer Michael Lee-Murphy. At Plan b in Milford, we ordered one regular burger and one Impossible Burger and split them both. On Watson's recommendation, we ordered them Baja style, topped with avocado, jalapeños, jack cheese and a spicy chipotle spread.

The Impossible Burger, though less thick than its beef counterpart at Plan b, looked like a beef burger and we were impressed with its beef-like consistency and flavor. Even though it tasted more well done and was slightly drier than I'd prefer in an average burger, we both agreed that if we were told it was a real burger we would likely believe it.

Our opinion was only slightly dampened when we tried the actual beef burger. As was to be expected, it was the clear winner

in terms of flavor. However, for vegetarians who still have burger cravings from time to time, the Impossible Burger is a great option. It is also a healthier alternative with fewer calories than a beef burger, Watson says, though Plan b doesn't have a calorie-count comparison available.

Beyond flavor and health, Impossible Foods is billing its burger as a low-impact food option. As the company states on its website, "Compared to cows, the



MICHAEL LEE MURPHY

Impossible Burger uses 95% less land, 74% less water, and creates 87% less greenhouse gas emissions."

It's a compelling argument in favor of this new, innovative and, yes, very tasty food.

Plan b Restaurants is a Connecticut-based chain with locations in Fairfield, Glastonbury, Simsbury, Milford, Stamford and West Hartford, as well as Massachusetts, Virginia and Washington, D.C.

burgersbeerbourbon.com

customers more than a dozen crepe options at the University of Connecticut's Storrs Center. Choose from sweet crepes such as Southern apple pie and banana split, or savory options such as tomato basil and farmhouse chicken. All crepes are naturally gluten free. **860-477-1025, farmhousecrepes.com**

Barrister's Coffee Co., Danbury

There is more energy in downtown Danbury of late. In a little over a year, two downtown cafes, Mothership On Main and Pour Me, opened. Now they are joined by Barrister's Coffee Co., a sleek new spot across from the library. In addition to coffee and tea, they serve a variety of pastries and bagels that are purchased fresh each morning from New York City purveyors. **203-917-4965, barristerscoffee.co**

The Rolling Doughnut, Middletown

Opened by Scott Gordon, former owner of Red Spice and Blues BBQ in Durham, this food truck recently began offering freshly made doughnuts in Middletown



JORDAN GRICE

Harlan Haus in Bridgeport

(check the truck's social media for exact locations). Doughnut varieties include the Cardinal, filled with raspberry jam and topped with a chocolate glaze, as well as Boston cream, and s'mores, a vanilla-filled doughnut with chocolate and graham cracker crumbles. **therollingdoughnut.com**

The Spread, Greenwich

From the team behind El Segundo and the original Spread in South Norwalk comes this new restaurant. Opened in December, the second Spread features some of the same popular dishes as the original, including the cheeseburger, and the veal and ricotta meatballs, but the new location's menu also has its own identity, with many food offerings that are distinct from the SoNo restaurant. **203-900-1887, thespreadsono.com**

Eat Noodle, Bridgeport

This new downtown restaurant specializes in ramen and pho noodles. Located in Bijou Square in the space formerly occupied by Can Tint, the restaurant is owned by Skye Kwok, who also owns Sweet Basil in Fairfield and Pink Sumo Sushi & Sake Cafe in Westport. In addition to ramen and pho, the restaurant specializes in curry soup. **203-612-8355**

Know of a new Connecticut restaurant?

Email Erik Ofgang at eofgang@connecticutmag.com.

Ready for Round 2

RUSTICA, THE SUCCESSFUL ITALIAN EATERY IN CHESTER, OPENS A SECOND LOCATION IN MILFORD

BY MIKE WOLLSCHLAGER

You don't have to be Italian to truly appreciate an authentic Italian meal. Conchi and Vicente Contreras, natives of Ecuador and owners of Rustica Ristorante, are proof positive you don't have to be Italian to prepare one, either. The wife-and-husband, do-it-all duo behind the successful restaurant in Chester opened a second Rustica location last October on Boston Post Road in Milford.

"Fresh ingredients bursting with flavor" is a description that can apply to anything on the menu, which is meticulously planned and executed. The selections change with the seasons, but when a dish proves to be a major hit with customers, it will stay.

Vicente and Conchi came to the U.S. in the mid-'90s and began working at Paci Restaurant, which at the time was a new eatery at the Southport train station. Paci was their entry into Italian cuisine. It was also their education. "I worked all the positions in the restaurant," Vicente says.

After 17 years of learning the tricks of the trade, Vicente and Conchi, along with partners from Paci, opened Rustica's first location in Chester in August 2013 (they bought out their partners in April 2016). They are quick to praise Scott Eckenrod, a former chef at Paci who died last February and a man whom Vicente calls "our mentor." "He taught me how to make the pasta, he taught me the sauce, a lot of stuff like that," Conchi says.

Conchi says she reads a lot about Italian food and then "fixes" certain recipes and

ideas, adding and subtracting until it's just right. "Like the pasta, when [Eckenrod] taught me, he taught me that one way. I try to fix it and get it better and better and better."

Coincidentally, "better and better and better" is an appropriate way to describe my first three visits to Rustica. The appetizers set the tone each time. The beef and pork meatballs (\$12) are tender and delicious, the marinara sauce vibrant and delicate. For the bruschetta (\$10), Conchi concocts a carnivorous twist on the traditional version by adding meat and heat. A grilled baguette serves as the staging area for a gathering of grape tomatoes, garlic, parsley, house-made sausage and a drizzle of hot pepper chili oil.

Menu salad descriptions rarely catch my eye, but Rustica's offerings were intriguing enough that I twice ordered plates of the green stuff. The shaved Brussels sprouts drizzled with house-made lemon preserve and pecorino cheese was a refreshing triumph (and a recent seasonal menu casualty) but the lettuce with champagne vinaigrette, dried cranberries, sliced red apples and brie (\$9) stepped up as a suitable replacement.

Conchi makes the pasta fresh every day for both locations and, because the couple has no set arrangement or agreement with distributors, together they go shopping every morning for fresh, local ingredients. And while some may consider daily grocery shopping one of the Circles of Hell, Vicente and Conchi say they love it ... with one exception. "I hate to go shopping when I have the soccer game to watch," Vicente says.

There are six pasta options on the menu, but customers can combine any pasta with any sauce by request. The gnocchi (\$22) is a pillow-y pile of perfection and the Bolognese sauce has great flavor without being overly meaty. Conchi's pairing of pappardelle with cauliflower, fennel sausage and caramelized onions (\$23) is unique and hits the mark. The fettuccine al pesto (\$23) is a basic chicken-and-pasta recipe that benefits from flawless execution. But the premier pasta course on the menu is the ravioli filled with braised short ribs in a red wine demi-glace sauce (\$24).

The main courses give Vicente time to shine. "I love to be on the grill," he says. "I'm the meat guy." He's also the wine guy, and the reds and whites are a top focus at Rustica. "I was very interested to learn about wine. So I went to many wine dinners. All the wine dinners they do in the restaurants, I was the first one [on the list]. Pairing food and wines, I've got a passion for that."

The only pairing I needed with the ossobuco (\$32) was a fork. The simmered veal shank with carrots, celery, garlic, onions and red wine is served over saffron risotto, and it was a dining pleasure to try to capture all the flavors in each forkful. Rustica also offers a basic chicken parm and sirloin steak in addition to pan-seared halibut and salmon. We didn't get to those yet, but will soon.

If you can save room for dessert, do so, as the final courses are also house-made. The affogato — a scoop of vanilla gelato drowned in a shot of espresso and topped



Beef and pork meatballs and antipasto (*opposite page*) are Italian staples at Rustica.

PHOTOS: JOSEPH LAMBERT IMAGES.COM



with whipped cream — is the perfect nightcap. Another solid closer is the semi-sweet chocolate lava cake.

The menu at Rustica is not expansive yet still diverse, and, at the time we spoke, Vicente was in the planning stages for Tuesday wine dinners in a private room which can hold 20-25 people. "We are trying to offer creativity with the food," Vicente says. "I want the

people to come and try the food with a nice glass of wine that we can recommend."

Rustica Ristorante

1573 Boston Post Road, Milford
203-301-4010, rusticact.com

Hours: Tue.-Thu. 11 a.m.-3 p.m. & 4:30-9, Fri. 11 a.m.-3 p.m. & 4:30-9, Sat. 4-10 p.m., Sun. 4-9 p.m. Closed Mon.

Accessibility: Entrance has three steps

Going Green

AT FLORA IN WEST HARTFORD, THE FOCUS IS ON PLANT-BASED AND SUSTAINABLE FOOD

BY ERIK OFGANG

There's a drink at Flora called Flower Power. It is made with, among other things, organic gin, elderflower and vermouth. Earthy and floral, it is a fitting introduction to Flora, a new restaurant where plant, earth and flower power rule the menu.

A vegan- and vegetarian-focused restaurant, though not exclusively vegan nor vegetarian, Flora is on the outskirts of Blue Back Square, in a second-floor space accessible by stairs and elevators. When at its best the eatery is a wonderland of meat and dairy substitutes.

A lentil pâté had a remarkably liver-like consistency and wonderful flavors. The chocolate mousse cake dessert was deeply rich, an experience enhanced by the knowledge it was made with avocado instead of eggs. The "no cheese" plate features various nuts and seeds puréed to approximate cheeses such as cheddar and goat. Though the flavors are far from perfect duplicates of real cheeses, they are exemplary in their own right.

Lacking the flair of other dishes was a falafel platter and a grilled eggplant entrée served atop a spaghetti-like squash that my dining companions loved for its rich mix of vegetable-forward flavors, but which left me craving regular pasta.

The restaurant is the second in the area from husband-and-wife team KC and Jaime Ward, who also own Rooster Co. in Newington, which specializes in farm-to-table rotisserie chicken served in a pub atmosphere.

KC says he and his wife were inspired to open both restaurants based on the cuisine they were passionate about at the time.

"When we opened up Rooster Co. we were very much eating a lot of chicken; we were both training for half-marathons," he says. "I liked the idea of making something approachable every day for the thrust of the restaurant. At the time there was nothing more everyday for us than chicken."

Of late, the couple has been more focused on plant-based foods. In addition, KC says that since reading Michael Pollan's *The Omnivore's Dilemma*, he has become dedicated to creating sustainable food with a small impact on the environment.

"I'm not exclusively vegan in what I offer on the menu here, and that has been received with mixed opinions," KC says. "I certainly appreciate those who are diehard vegans and go so far as to not wear leather and maybe not drive a car burning fossil fuels ... and I totally respect that and I think the world needs that and a balance of everybody." He adds, "to not be exclusive but to be inclusive is really the idea behind this plant-based menu."

There is a non-vegetarian portion of the menu labeled as "viable



RICH JURMAN

Smashed avocado appetizer with hulled hemp seeds, crushed Doritos and an egg on toasted bread.

fauna." Here visitors find dishes including the crispy calamari, which KC says is a "very sustainable" seafood, and beef and beet tartare, made with grass-fed beef. They are items KC believes "a responsible omnivore can enjoy without guilt."

As for how he gets the flavors right in the vegetarian dishes, KC says he relies on his taste buds. When he started working in the restaurant industry for chef Billy Grant at Restaurant Bricco in West Hartford in the 1990s, Grant told him the secret to being a skilled chef was "taste, taste, taste."

With tweaking and trial and error, KC creates the meat- and dairy-free dishes offered at Flora. Also, as the father of two preteen children, KC says he sometimes needs to fool his children into eating food that is healthy, and some of these culinary deceptions have inspired dishes at Flora.

The avocado-powered chocolate mousse cake was developed for when KC visited a middle school to encourage students there to eat better. He served them samples of the rich chocolate cake and then got in front of the microphone and asked, "So, did you enjoy your avocado?"

Flora

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860-216-5992, floraweha.net

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dining guide

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Fairfield County

Aranci 67 • Italian • EP Excellent Sorrento-style Italian food made by the former chef at Le Fontane. Menu includes best-in-class pasta dishes. • 142 Old Ridgefield Road, Wilton, 203-587-1300 aranci67.com. Closed Sun. D, L (Mon.-Fri.), \$\$, WA

Archie Moore's Bar & Restaurant • American • RC Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 48 Sanford St., Fairfield, 203-256-9295 archiemoores.com. Open daily. L D LS, \$

Bar Sugo • Italian • EP RC This beloved Italian restaurant bills itself as the place where "modern Italian meets peasant food." That philosophy shines through in its delicious offerings. • 102 Wall St., Norwalk, 203-956-7134 barsugo.com. Open daily. D SB, \$\$, WA

Barbarie's Black Angus • American • EP RC Elegant yet cozy atmosphere offering high quality, dry-aged steak on premises, as well as seafood and appetizers paired with an extensive wine list. Expansive brunch, lunch and dinner menu. • 5 Eagle St., Danbury, 203-826-7406 beststeakhousedanburyct.com. Open daily. L, D, SB, \$\$\$

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP RC Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 4180 Black Rock Tpke., Fairfield, 203-255-0800; 222 Summer St., Stamford, 203-348-4800; 515 West Ave., Norwalk, 203-854-5600 barcelonawinebar.com. Open daily. L D LS SB, \$\$

Basso Cafe • Mediterranean Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 bassobistrocafe.com. Closed Mon. L (Tues.-Sat.), D, \$\$\$

The Blind Rhino • American • EP RC Sports bar features a small but diverse and flavorful menu, plus a shuffleboard table and 27 big-screen TVs. • 15 N. Main St., Norwalk, 203-956-7243 theblindrhino.com. Open daily. L (Fri.-Sun.), D, SB, \$

Bloodroot • Vegetarian • EP Offers a seasonal menu that might include Vietnamese summer rolls, the Bloodroot burger and Mexican mole. • 85 Ferris St., Bridgeport, 203-576-9168 bloodroot.com. Closed Mon. L (Tues., Thurs.-Sat.) D SB, \$\$, WA

Bodega Taco Bar • Mexican Offers up inventive, doing-their-own-thing fare described as "Modern Mexican with an Urban Beach Vibe." • 1700 Post Road, Fairfield, 203-292-9590 bodegatocabar.com. Open daily. L, D, LS (Fri.-Sat.), SB, \$

Brasitas • Latin Fusion Latin fusion cuisine coupled with tropical decor and authentic Latin American traditions and values. • 954 E. Main St., Stamford, 203-323-3176; 430 Main Ave., Norwalk, 203-354-7329 brasitas.com. Open daily. L D, \$\$\$

Brick + Wood • Pizza/Italian • EP This artisan pizza emporium offers some of the best Napolitan-style pizza in the state. • 1275 Post Road, Fairfield, 203-939-1400 lovelifeandpizza.com. Closed Mon. L, D, \$\$

Butcher's Best Country Market • Deli • RC Meats are hand-selected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 butchersbestmarket.com. Closed Sun. L, \$

Cactus Rose, Wilton • Latin American • EP Fresh, creative fusion of Latin American entrees and hand-crafted margaritas in a vibrant dining area complete with Southwestern decor and outdoor patio. • 5 River Road, Wilton, 203-762-8484 cactusrosewilton.com. Open Daily L D, \$\$, WA

The Capital Grille • Steakhouse • EP RC High-end steakhouse chain offering dry-aged steaks, fresh seafood and world-class wines. Reservations recommended. • 230 Tresser Blvd., Stamford, 203-967-0000 thecapitalgrille.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

Casa Villa • Mexican Robust, authentic Mexican cuisine served in the relaxed atmosphere normally only found south of the Rio Grande. • 182 W. Main St., Stamford, 203-323-1721 casavillarestaurant.com. Open daily. L, D, LS (Fri.-Sat.), \$, WA

Cask Republic • American • EP Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 99 Washington St., #2, Norwalk, 203-354-0163; 191 Summer St., Stamford, 203-348-2275 caskrepublic.com. Open daily. L D, \$\$

Coalhouse Pizza • Pizza • EP Besides coal-fired pizza, the jazz-themed menu also includes wraps, burgers and plates, and an extensive draft selection. • 85 High Ridge Road, Stamford, 203-977-7700 coalhousepizza.com. Open daily. L D, \$\$, WA

Colony Grill • Pizza • EP This Irish tavern's single menu offering is one-of-a-kind, thin crust pizza served with a signature "hot oil" topping. • 172 Myrtle Ave., Stamford, 203-359-2184; 1520 Post Road, Fairfield, 203-259-1989; 515 West Ave., Norwalk, 203-866-5252 colonygrill.com. Open daily. L D LS, \$, WA

Coromandel Cuisine of India • Indian • RC Wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, 203-662-1213; 316 South Main St., Newtown, 203-426-7143; 68 Broad St., Stamford, 203-964-1010; 17 Pease Ave., Southport, 203-259-1213 coromandlcuisine.com. Open daily. L D SB, \$\$, WA

The Cottage • New American • EP RC Creative take on American cooking offers a seasonal menu of hand-crafted dishes, inspired by techniques and cultures from various regions around the globe. Reservations recommended. • 256 Post Road E, Westport, 203-557-3701 thecottagewestport.com. Closed Mon. L, D, SB, \$\$, WA

Crave • American • RC Dishes like eggplant stack, fish tacos, the Crave 52 Burger, meatball and lobster ravioli are served in an atmosphere that provides a seamless extension from elegant dining into a stylish, attractive bar setting. • 52 Sanford St., Fairfield, 203-292-8080 crave52.com. Open daily. L D SB, \$\$, E, WA

The Cue • Barbecue • EP Upscale BBQ restaurant with a wide-ranging menu offering traditional and authentic wood fired BBQ dishes, as well as specials, ranging from fresh and locally sourced seafood to homemade pasta to wood-fired steaks. Also serving Sunday brunch. • 2 Pembroke Road, Danbury, 203-207-4669 thecuedanbury.com. Open daily. L, D, SB, \$\$

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2018 Experts' Pick; RC = 2018 Readers' Choice.

Ecco Rooftop Eatery • American • EP Casual and seasonal American cuisine in an airy, light-filled space with a retractable glass roof for al fresco dining. • 8 PT Barnum Square, Bethel, 203-744-7500 eccorooftop.com/. Closed Tues. L D SB, \$\$

Edo II • Asian • EP Korean and Japanese fare served up in a cozy atmosphere. • 32 Padanaram Road, Danbury, 203-743-8799. Closed Mon. L (Tues.-Sat.) D, \$\$

El Segundo • Global • EP Small plates of "global strett food" with flavors from places all over the world, in a fun, hip atmosphere. • 3 N Water St., Norwalk, 203-939-9765 elsegundosono.com/. Open daily. L D LS, \$, WA

Elm • American World-class chef Brian Lewis makes culinary magic here — with the freshest local, top-quality ingredients — in an elegant minimalist environment. And there's a great Sunday brunch. • 73 Elm St., New Canaan, 203-920-4994 elmrestaurant.com. Closed Mon. D SB, \$\$, WA

Fat Cat Pie Co. • Pizza • EP A community-based wine-pub featuring small-production wine, craft American beer, thin-crust organic pizza, generous organic salads, artisanal cheese and charcuterie, house-made delectable desserts and a true espresso bar. • 9-11 Wall St., Norwalk, 203-523-0389 fatcatpie.com. Closed Sun. L D, \$, E, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepsizzeria.com. Open daily. L D, \$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP RC The original home of New Haven-style thin-crust pizza, cooked in a coal-fired brick oven which is carefully replicated in Pepe's satellite locations. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepsizzeria.com. Open daily. L D, \$, WA

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 2070 Post Road, Fairfield, 203-955-1643 geronimobarandgrill.com. Open daily. L D LS, \$\$

The Hideaway • Pub Seafood apps, Southwestern specialties and a bar with an extensive beer selection and late-night pub menu, plus trivia on Wednesdays and live music every weekend. • 30 Grove St., Ridgefield, 203-438-7676 thehideawayridgefield.com. Open daily. L D LS, \$, E

Homestead Inn — Thomas Henkelmann • French Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 homesteadinn.com/thomas-henkelmann. Closed Sun.-Mon. L (Tues.-Fri.), D, \$\$\$

Hoodoo Brown BBQ • American • EP RC This laid-back barbecue bar and restaurant features a delicious blend of Texas, Kansas City, Carolina and other styles that will leave you craving more. • 967 Ethan Allen Hwy., Ridgefield, 203-438-6033 hoodoobrownbbq.com. Closed Mon. D, \$\$, WA

Ichiro • Sushi Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 ichirodanbury.com. Open daily. D, LS (Fri.-Sat.), \$\$

Jesup Hall • American • EP Diverse and ingredient driven, the menu is constantly changing and the food is difficult to label but consistently intriguing. • 90 Post Road E., Westport, 203-557-6198 jesuphallwestport.com. Closed Sun. & Mon. D, \$\$\$, WA

Joseph's Steakhouse • American • EP Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 josephssteakhouse.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

Kawa Ni • Asian • EP RC A creative interpretation of pan-Asian cuisine and culture, styled after a Japanese pub and using locally grown ingredients. • 19A Bridge Square, Westport, 203-557-8775 kawanwestport.com. Closed Mon. L (Tues.-Sat.) D LS (Tues.-Sat.), \$\$

King's • American • EP Breakfast and lunch served up in a cozy, rustic atmosphere. • 265 S Main St., Newtown, 203-426-6881. Open daily. B L, \$

Kolam • Indian • EP RC Offers up a wide variety of regional Indian cuisines. • 316 S Main St., Newtown, 203-426-7143 kolamrestaurant.com. Open daily. L, D, \$\$, WA

Kotobuki Japanese Cuisine • Sushi • RC Rated "one of the best sushi restaurants" by Zagat for the past two decades, Kotobuki offers high-quality, classically prepared and authentic Japanese food. • 457 Summer St., Stamford, 203-359-4747 kotobukijapaneserestaurant.com. Closed Mon. L (Tues.-Fri.) D, \$\$

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I'escle • **French** • **EP** A stylish, romantic dining room overlooking Greenwich Harbor that serves superb Provençal cuisine. • 500 Steamboat Road, Delamar Greenwich Harbor, Greenwich, 203-661-4600 lesc勒restaurant.com. Open daily. L D L LS SB, \$\$, WA

Le Fat Poodle • **French** • **EP** Enjoy Southern, Latin, and globally flavored French cuisine in an upscale dining room or on the 30-seat outdoor patio. • 20 Arcadia Road, Old Greenwich, 203-717-1515 lefatpoodle.com. Open daily. L D SB, \$\$, WA

Little Barn • **Pub** Burgers, tacos and farm-fresh salads, served up in a casual atmosphere with an outdoor patio and fireplace. • 1050 Post Road E., Westport, 203-557-8501 littlebarnct.com. Open daily. L D, \$\$, E

Little Goose Café • Gastropub • **EP** Gastropub offering a refined culinary experience combining indigenous local and American ingredients in a cozy atmosphere. • 397 Commerce Drive, Fairfield, 203-296-9789 littlegoosefairfield.com. Open daily. L D LS SB, \$\$, WA

Local Kitchen and Bar • **American** Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 sonolocal.com, fairfieldlocal.com. Open daily. L D SB, \$\$, WA

Luc's Café • **French** • **EP** An authentic French bistro offering non-stop service from 11 a.m. on, with terrace dining available in the warmer months. • 3 Big Shop Lane, Ridgefield, 203-894-8522 lucscafe.com. Closed Sun. L D, \$\$, E

Lucas Local • **Seafood** • 48 S. Main St., Newtown, 203-491-2992 lucaslocalct.com. Closed Mon. L (Thurs. & Fri.) D SB, \$\$, WA

Match • **American** • **EP** The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, 203-852-1088 matchsono.com. Open daily. L D (Wed.-Fri.), \$\$

Mecha Noodle Bar • **Asian** • **RC** Serves some of Asia's most comforting dishes, from Vietnamese pho to Japanese ramen and riffs on food that can be found in the streets of Southeast Asia. • 116 Washington St., South Norwalk, 203-295-8718; 1215 Post Road, Fairfield, 203-292-8222 mechanoodlebar.com. Open daily. L D, \$

Mexicali Rose • **Mexican** • **EP** Authentic Mexican food that reflects the rustic tastes of Mexico's Yucatan Peninsula and freshness of the ingredients. • 71 S Main St. #1, Newtown, 203-270-7003 mexicalirosenewtown.com. Closed Mon. L D, \$, WA

Mezon • **Mexican** • **RC** An inventive fusion of Spanish, Latin American, and Caribbean-inspired dishes to transport you to a time of tradition, passion, flavor and soul. • 56 Mill Plain Road, Danbury, 203-748-0875 mezonct.com. Open daily. L D SB, \$

Mill Street Bar & Table • **American** • **EP** Seasonally driven menu from the Northeast land and sea, with two dining rooms, an oyster bar, a full-service bar, comfy cocktail lounge and heated patio. • 230 Mill St., Greenwich, 203-813-3323 millstreetct.com. Closed Sun.-Mon. D, \$\$

New Wok • **Chinese** • **RC** Chinese dishes such as Fisherman's Casserole and Crispy Walnut Shrimp & Chicken draw inspiration from Szechuan, Hunan, Malaysian, and Thai cuisine. • 228 S Main St # D16, Newtown, CT 06470, 203-270-3738 newwokrestaurant.weebly.com. Open daily. L, D, \$, WA

Nom-eez, Bridgeport • **Vietnamese** • **EP** Traditional Vietnamese cuisine and street food made from fresh, clean-tasting ingredients prepared with playful, sometimes quirky creativity. • 2992 Fairfield Ave, Bridgeport, 203-923-8686 nom-eez.com. Open daily. B L D, \$\$, WA

Nostrano Italian Eatery • **Italian** • **RC** Authentic Italian food in a comfortable atmosphere. Dine-in (BYOB) or carryout. • 179 Main St., Monroe, 203-880-5456 nostranoeatery.com. Closed Mon. L, D, \$\$, WA

Nouveau Monde Wine Bar & Bistro • **American** • **EP RC** This stylish bistro serves elevated American comfort food with an elegant ambiance. Seasonal entrées are served with a wine list of over 40 wines by the glass and 130 by the bottle, along with a curated craft beer, spirits, port and sherrries list. Brunch served on Sundays. • 6 Washington Ave, Sandy Hook, 203-491-2723 nouveaumondewinebar.com. Open daily. D, SB, \$\$, WA

Pho Vietnam • **Vietnamese** • **RC** A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 phovietnamrestaurant.com. Open daily. L D, \$\$, WA

Pink Sumo • **Sushi** • **RC** Specializes in world-class sushi and sashimi, using only the freshest seafood and ingredients. • 4 Church Lane, Westport, 203-557-8080 pinksumoct.com. Open daily. L D, \$\$

PizzaCo • **Pizza** • **EP** This converted gas station offers up personal-sized specialty pizzas ranging from traditional to brunch and dessert pies. • 1625 Stratford Ave., Stratford, 203-612-7520 pizzacostratford.com. Closed Mon. L D LS, \$, WA

Positano Ristorante • **Italian** This restaurant has been owned and operated by the Scarpati family for more than 15 years. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 positanorestaurantwestport.com. Open daily. L D SB, \$, E

Prime • **Steak** • **EP** Classic favorites in this striking décor include raw bar, mizu sushi, USDA prime steaks and chops, surf & turf and hand-made desserts, plus a 750-label wine list. • 78 Southfield Ave, Stamford, 203-817-0700 restaurantprime.com/stamford. Open daily. L (Mon.-Fri.) D SB, \$\$

Red Rooster Pub • **American** • **RC** American comfort food and family fare such as steaks, burgers, pizza, chops, ribs and much more, served in a rustic décor atmosphere. • 160 S. Main St., Newtown, 203-270-0788 redroosterpubnewtown.com. Open daily. L, D, \$\$

Roberto's • **Italian** Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 robertosmonroe.com. Open daily. L (Sun.), D, \$\$

Sal e Pepe Contemporary Italian Bistro • **Northern Italian** • **RC** Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 salepeperrestaurant.com. Open daily. L D, \$\$, WA

The Schoolhouse at Cannondale

American • **EP** With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 schoolhouseatcannondale.com. Closed Mon. L (Fri., Sat) D (Wed., Fri., Sat.) SB, \$\$

The Sitting Duck Tavern • **American** Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 sittingducktavern.com. Open daily. L D LS SB, \$\$

The Spinning Wheel • **American** • **RC** Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 swredding.com. Open daily. L (Thurs.-Sat.) D, \$\$, WA

The Spread • **American** • **EP** The owners are industry leaders in culinary deviance and solutions, and are focused on delivering great dining experiences. • 70 N Main St., Norwalk, 203-939-1111 thespreadsono.com. Open daily. D SB, \$\$

Taproot • **New American** • **EP** Open and roomy space where lots of different inspirations come together in excellent dishes that are influenced by what products are in season. • 269 Greenwood Ave., Bethel, 475-329-5395 taprootct.com. Closed Sun. & Mon. D, \$\$, WA

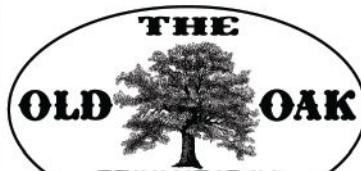
Tequila Mockingbird • **Mexican** The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 tequilamockingbirdnc.com. Open daily. D, \$\$, WA

Thai Delight • **Thai** • **RC** Traditionally prepared Thai offerings such as Thai Mango Chicken, Wild Boar Basil and Mango Fish Curry. • 133 Mt Pleasant Rd, Newtown, 203-426-0674 thaidelightnewtown.com. Open daily. L (Mon.-Fri.), D, \$\$, WA

Thai Spice, Norwalk • **Thai** • **RC** Traditional Thai recipes including Pad Thai, Big Bowl Soup, Summer Shrimp Rolls and Papaya Salad. • 345 Main Ave, Norwalk, 203-846-3533 thaispicenorwalk.com. Open daily. L, D, \$\$, WA

Toro • **Sushi** • **EP RC** Open sushi bar, plus Japanese, Chinese and hibachi menu in a modern Asian decorated atmosphere. • 28 Churchill Road, Newtown, 203-364-0099 bestasianfoodnewtown.com. Open daily. L, D, \$\$

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Valencia Luncheria • Latin American • EP Venezuelan cuisine served up in large portions in a bright, relaxed atmosphere. • 164 Main St., Norwalk, 203-846-8009 valencialuncheria.com. Open daily. L D, \$\$

Wafu Asian Bistro • Asian Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 wafuasianbistro.com. Open daily. L D, \$

Walrus + Carpenter • Barbecue • EP Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 walruscarpenterct.com. Open daily. L D, \$\$, WA

Washington Prime • American • EP RC The land and sea menu has elements of Americana with cross-cultural influences. The restaurant also boasts an impressive beverage program. • 141 Washington St., South Norwalk, 203-857-1314 washingtonprime.com. Open daily. L (Wed.-Sun.) D, \$\$, WA

The Whelk • Seafood • EP Upmarket, sophisticated seafood with a distinct culinary voice. • 575 Riverside Ave., Westport, 203-557-0902 thewhelkwestport.com. Closed Sun.-Mon. L (Tues.-Thurs.), D, \$\$

Hartford County

2 Hopewell Bistro & Bar • New American • EP This upscale bistro serves all natural meats, cut and portioned daily on premise, and fresh ocean seafood in a sophisticated yet casual atmosphere. Reservations recommended. • 2 Hopewell Road, South Glastonbury, 860-633-9600 2hopewell.com. Closed Mon. D, \$\$, E, WA

@ the Barn • American This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3884 thebarngranby.com. Closed Mon. L D (Tues.-Sun.), \$\$, WA

Avert Brasserie • French • EP Owned by two chefs who in recent years have been making the Connecticut foodie world sit up and take notice, this restaurant offers beautiful food combined with imagination, perfectionism and zest. • 35 LaSalle Road, West Hartford, 860-904-6240 avertbrasserie.com. Open daily. L D, LS, \$\$, WA

b Glastonbury • Burgers Gourmet burgers and a wide selection of beers and bourbons. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737 planburger.com. Open daily. L D LS, \$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP RC Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 971 Farmington Ave., West Hartford, 860-218-2100 barcelonawinebar.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E, WA

Bear's Smokehouse Barbecue • Barbecue • EP Let your inner bear roar at these finger-lickin' good Kansas City-style barbecue joints owned by competitive eating champion Jamie McDonald. • 89 Arch St., Hartford, 860-724-3100; 2152 Poquonock Ave., Windsor, 860-999-3834 bearssbbq.com. Open daily. L D, \$\$, WA

Bricco Trattoria • Italian Creates the feel of an Italian farm house or vineyard home, with simple, fresh and delicious food and time-honored recipes. • 124 Hebron Ave., Glastonbury, 860-659-0220 billygrant.com. Open daily. L (Mon.-Sat.) D, \$\$

Butchers & Bakers • American • EP Farm-fresh food, house-made desserts and amenities like an outdoor terrace for summer help this place set a new bar for culinary creations, hobnobbing and beyond. • 270 Farmington Ave., Suite 101, Farmington, 860-470-7414 butchersandbakers.com. Open daily. L D LS, \$\$, WA

The Capital Grille • Steakhouse • EP RC High-end steakhouse chain offering dry-aged steaks, fresh seafood and world-class wines. Reservations recommended. • 44 Front St., Hartford, 860-244-0075 thecapitalgrille.com. Open daily. L (Tues.-Fri.), D, \$\$, WA

Carbone's Kitchen • Italian Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 carboneskitchen.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

Carbone's Ristorante • Italian This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 carbonesct.com. Closed Sun. L (Mon.-Fri.) D, \$\$, WA

Cavey's Restaurant • Italian / French • EP Choose from handmade pasta and house-cured salami in the Northern Italian restaurant upstairs, or soufflé and buttery foie gras in the luxurious French restaurant downstairs. Enjoy a cocktail with some light jazz in a casual lounge while you decide. • 45 E. Center St., Manchester, 860-463-2751 caveysrestaurant.com. Closed Mon. D, \$\$, E, WA

The Cook & The Bear • Barbecue • EP High-end barbecue made with locally sourced ingredients, plus vegetarian and gluten-free options, in a hip, sleek, modern space. • 50 Memorial Road, West Hartford, 860-595-3345 thecookandthebear.com. Open daily. L D SB, \$\$, WA

Costa del Sol • Spanish/Mediterranean • EP Galician restauranteur Jose "Pepe" Feijoo incorporates the old and the new, breathing new life into a cuisine rich in Spanish heritage, with a focus on tapas and seafood. Tapas bar, sun rooms, patio, private function room and a small market. • 901 Wethersfield Ave., Hartford, 860-296-1714 costadelsohartford.com. Closed Mon. L (Tues.-Fri.) D, \$\$\$

Cottage Restaurant & Cafe • American Family-owned, European-style restaurant offers unique, seasonally inspired dishes and a wide selection of wines, martinis and cocktails. • 427 Farmington Ave., Plainville, 860-793-8888 cottagerestaurantandcafe.com. Closed Sun. & Mon. L (Tues.-Fri.), D, \$\$

Frank Pepe Pizzeria Napoletana • Pizza • EP While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 pepesizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP RC The original home of New Haven-style thin-crust pizza, cooked in a coal-fired brick oven which is carefully replicated in Pepe's satellite locations. • 221 Buckland Hills Drive, Manchester, 860-644-7333; 1148 New Britain Ave., West Hartford, 860-236-7373 pepesizzeria.com. Open daily. L, D, \$, WA

GoldBurgers • Burgers • EP The big (with a capital B) juicy specialties at GoldBurgers are all made with locally sourced beef and include the venue's namesake, the GoldBurger, a monster of a burger made with two patties and crowned by potato chips. • 1096 Main St., Newington, 860-665-0478. Open daily. L D, \$, WA



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| dining guide | hartford county

Great Taste • Chinese • EP Multiregional Chinese cuisine in a space suitable for intimate gathering, family get-togethers or large-scale celebrations. • 597 W Main St, New Britain, CT 06053, 860-827-8988 greattaste.com. Open daily. L D, \$\$, WA

India • Indian • EP Fun, locally sourced, Farm-to-Table Restaurant featuring traditional Indian cuisine and bright new dishes with British Colonial overtones. • 54 Memorial Road, West Hartford, 860-726-4103 indiawesthartford.com. Open daily. L D, \$\$, WA

J. Gilbert's • Steak Quality ingredients and honest food, like prime wood-fired steaks and seafood, in a luxe, yet warm, atmosphere. • 185 Glastonbury Blvd., Glastonbury, 860-659-0409 jgilberts.com. Open daily. D, \$\$

J. Timothy's Taverne • Gastropub • EP RC This historic pub offers up casual fare such as the famous "dirt wings," prime rib, chicken pot pie, tater tot poutine and French onion soup. • 143 New Britain Ave, Plainville, 860-747-6813 jtimothys.com. Open daily. L D LS, \$\$, WA

JV's Taproom • Pizza / Bar • EP Bar/pub spotlights steak and wood-fired pizza along with craft beers and specialty cocktails in a casual setting. Rebel Dog Coffee Co., located in the same building, serves up specialty coffees and breakfast sandwiches. • 393 Farmington Ave., Plainville, 860-793-8809 jvstaproom.com. Closed Mon. D SB, \$, WA

Max Downtown • American Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. • 185 Asylum St., Hartford, 860-522-2530 maxrestaurantgroup.com. Open daily. L (Mon.-Fri.) D LS, \$\$, WA

Max Fish • Seafood Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 maxfishct.com. Open daily. L (Mon.-Sat.) D LS, \$\$

Max's Oyster Bar • Seafood • RC Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 maxrestaurantgroup.com/oyster. Open daily. L, D, LS (Sat.), \$\$

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Metro Bis • American It has a lovely new home at Simsbury 1820 House, but the focus hasn't changed — classically grounded innovation, seasonally oriented and ever open to a playful riff or two. • 731 Hopmedow St., Simsbury, 860-651-1908 metrobis.com. Closed Sun. L D, \$\$, WA

Millwright's Restaurant and Tavern • American • EP

Tyler Anderson dazzled us for years at The Copper Beech Inn. Now, he's wowing all comers at this sparkling restaurant. • 77 West St., Simsbury, 860-651-5500 millwrightsrestaurant.com. Closed Mon.-Tues. D, \$\$, WA

ON20 • Contemporary French / American • EP RC

Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 ontwenty.com. Closed Sun. L (Mon.-Fri.) D (Wed.-Sat.), \$\$, E

Pho 501 • Vietnamese • EP Dedicated to keeping it simple, with the best soups and authentic Vietnamese family recipes. • 501 Main St., East Hartford, 860-569-3700 pho.com/east-hartford-ct/pho-501. Closed Mon. L D, \$\$

Present Company • American • EP Seasonal menus using fresh local ingredients and prepared in a unique open-kitchen atmosphere. Five-course chef's tasting menu available nightly. Catering and private events available. • 2 Tunxis Road, Tariffville, 860-658-7890 presentcompanyct.com. Closed Sun. D, \$\$, WA

Republic at the Linden • Gastropub • EP Handcrafted beers, boutique wines and small-batch bourbons are offered at this high-end pub. • 39 Jerome Ave., Bloomfield, 860-216-5852 republicct.com. Open daily. L (Mon.-Fri.) D LS, \$\$

Restaurant Bricco • Italian • EP Every dish is crafted from scratch, holding true to the essentials of Sunday dinner. • 78 Lasalle Road, West Hartford, 860-233-0220 billygrant.com. Open daily. L (Mon.-Sat.) D, \$\$

Rooster Co. • American • EP Rotisserie chickens made to perfection are the heart and soul of menu here. • 1076 Main St., Newington, 860-757-3969 roostercompany.net. Open daily L D, \$\$, WA

Ruth's Chris Steakhouse • Steak Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 ruthschris.com. Open daily. L (Sun.) D, \$\$, WA

Sho's • American • EP A neighborhood-style restaurant with a focus on comfort food. • 100 Main St., Glastonbury, 860-659-0000 shosglastonbury.com. Open daily. L D, \$\$, WA

Savoy Pizzeria and Craft Bar • Pizza • RC Pizza made with artisanal dough and baked in 900 degree wood-fired ovens can be paired with select wines for a true Neapolitan experience. • 32 LaSalle Road, West Hartford, 860-969-1000 maxrestaurantgroup.com/savoy. Open daily. L, D, LS, \$\$, WA

Sayulita • Mexican • EP Named for a Mexican fishing village, this restaurant has a party vibe and uses top-of-the-line ingredients. Specialties include a variety of tacos and Ceviche de Playa. • 865 Main St., Glastonbury, 860-430-9941 cantinasayulita.com. Open daily. D, L (Sat.-Sun.), \$\$, WA

Smokin' with Chris • Barbecue • EP Specializes in barbecue and other smoked meats, but also offers specialty salads, seafood and vegetarian dishes. • 59 W Center St., Southington, 860-620-9133 smokinwithchris.com. Closed Mon. L D, \$\$, E

Staropolska • Polish Authentic homemade Polish cuisine prepared fresh daily and an in-house bar. • 252 Broad St., New Britain, 860-612-1711 staropolska.net. Closed Mon. L D, \$\$

Sushi Red • Sushi • EP Offers up delicious, fresh, hand-crafted sushi in a quiet, intimate setting. • 450 East St., Plainville, 860-410-1829. Closed Sun. L D, \$\$

Trevi • Italian • EP Cuisine is inspired from central and upper Italy, with seasonal varieties and unique nightly specials. • 980 Farmington Ave., West Hartford, 860-232-0407 trevact.com. Open daily. L, D, LS (Fri.-Sat.), \$\$

Trumbull Kitchen • American "Global comfort food" is served at communal tables at this sophisticated city brasserie. • 150 Trumbull St., Hartford, 860-493-7417 maxrestaurantgroup.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E

Vinter Wine Bar & Kitchen • Tapas This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 vinterwinebar.com. Open daily. D, \$\$, WA

Zohara • Mediterranean • EP Flavors of the Mediterranean, particularly Middle Eastern flavors, in an upscale setting alongside craft cocktails featuring Mediterranean-inspired spices, and wines from the region. • 991 Farmington Ave., West Hartford, 860-955-0300 zoharact.com. Open daily. L D LS (Tues.-Sat.) SB, \$\$, WA

| Litchfield County |

@ the Corner • New American • EP Café, pub and restaurant with wide section of craft beers and offering entrees like Bistro Steak and Seafood Risotto. Reservations available. • 3 West St., Litchfield, 860-567-8882 atethecorner.com. Open daily. L, D, \$\$, WA, E

Arethusa al Tavolo • New American • EP This high-flying, country restaurant serves sparkling dishes like butter-poached halibut with crab paella, rack of lamb and a glorious reinvention of Peking duck. • 828 Bantam Road, Bantam, 860-567-0043 arethusaal tavolo.com. Open Thurs.-Sun. D, \$\$, WA

The Cookhouse • Barbecue "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 thecookhouse.com. Open daily. L D, \$\$, WA

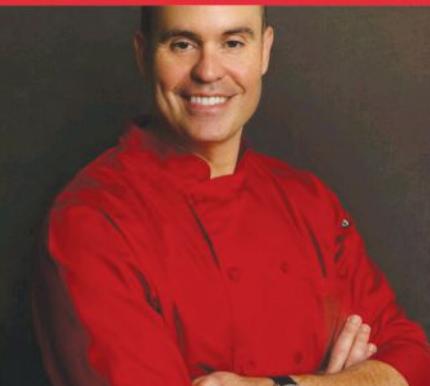
Hidden Valley Eatery • American • EP Locally sourced comfort food with a number of vegetarian options. Seasonal dinner menu changes nightly. • 88 Bee Brook Road, Washington Depot, 860-619-0660 hiddenvalleyeatery.com. Closed Tues. B, L, D (Fri.-Sat.), \$\$

The Hopkins Inn • Austrian/American • EP A country inn with an Old World atmosphere known for wiener schnitzel, backhendl and fresh-caught trout. • 22 Hopkins Road, Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, \$\$, WA

John's Café • New American • RC Popular spot for New American cuisine with a Mediterranean accent: grilled pizzas, ricotta gnocchi and salmon with morels. • 693 Main St. S., Woodbury, 203-263-0188 johnscafe.com. Open daily. L (Mon.-Sat.) D, \$\$, WA

Litchfield Saltwater Grille • Seafood Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 litchfieldsaltwatergrille.org. Open daily. \$\$, E, WA

Mountainside Café • Farm to Table Modern rustic café offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 mountainside.com/cafe. Open daily. B L D SB, \$, WA



The Old Oak Tavern • American Rustic tavern offering American comfort foods like homemade mozzarella sticks, corn and clam chowder, and Southern fried chicken in a rustic tavern environment. Local craft brews available on tap. • 1 South Kent Road, Gaylordsville, 860-355-1100 theoldoaktavern.com. Open daily. L (Fri.-Sun.) D SB, \$\$, E WA

The Restaurant at Winvian Farm • French • EP Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Mon.-Tues. L D, \$\$, WA

RSVP • French A "special concept" French restaurant, RSVP offers carefully selected five-course prix fixe meal. Alcohol is BYOB only, and dinner is by reservation only. • 7 Railroad St., West Cornwall, 860-672-7787 rsvp-restaurant.com. Open Fri.-Sun. D, \$\$

Swyft • American An upscale menu that would be basic elsewhere is elevated to fine dining here through quality ingredients and skilled cooking techniques. • 3 Maple St., Kent, 860-592-0404 orehillandswyft.com. Closed Sun. & Mon. D, \$, WA

The White Hart • Farm to Table • EP High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 whitehartinn.com. Open daily. L D SB, \$\$, WA

The White Horse Country Pub • American • EP RC Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. • 258 New Milford Tpke., Washington, 860-868-1496 whitehorse-countrypub.com. Open daily. L D SB, \$\$, WA

Winvian • American Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an eclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Tues. L (Sat.-Sun.), D (Wed.-Mon.), \$\$

Yokohama • Japanese • EP Delicious tempura and teriyaki dishes, plus sushi and sashimi is served at this beloved New Milford restaurant. • 131 Danbury Road, New Milford, 860-355-0556 yokohama-sushi.net. Open daily. L D, \$\$, WA

Middlesex County

Alforno Ristorante & Brick Oven Pizzeria • Northern Italian • EP Known for a great selection of house-made ravioli, including veal osso buco with fresh ricotta ravioli, butternut squash ravioli and wild boar ravioli, as well as tagliatelle Bolognese and arugula chicken. • 1654 Boston Post Road, Old Saybrook, 860-399-4166 alforno.net. Open daily. L D, \$\$, WA

Angelico's Lake House • American Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, 860-267-1276 angelicoslakehouse.com. Open daily. L D LS SB, \$\$, E, WA

Baci Grill • Modern Italian Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 bacigrill.com. Open daily. L D LS, \$\$, E, WA

Blue Hound Cookery & Taproom • Southern • EP Southern-inspired coastal cuisine like chicken chambignon, shrimp and cheddar grits and "two ways" blackened catfish, served with a touch of New Orleans flair. • 107 Main St., Ivoryton, 860-767-0260 bluehoundcookery.com. Closed Tues. L (except Sun.) D, \$\$, WA

The Blue Oar • Seafood • EP Open seasonally, with open-air dining and fresh-catch entrees. BYOB; cash only. • 16 Snyder Road, Haddam, 860-345-2994 blueoarct.wix.com. Open daily, Mother's Day weekend-Labor Day; Thurs.-Sun., Labor Day-end of Sept. L D, \$\$

Celtic Cavern • Gastropub Middletown's first-ever gastropub, featuring 18 beers on tap and a dynamic menu designed to tempt every palate. • 45 Melilli Plaza, Middletown, 860-894-2954 celticcavern.com. Open daily. L, D, \$\$

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 chestersbbq.com. Open daily. L D, \$\$

Chow • New American This rustic, family-friendly spot serves up favorites like BBQ meatballs, pulled pork and burnt end crouton, plus craft pizza and drink options. • 36 Killingworth Tpke., Clinton, 860-669-6200 chowfoodandbeverage.com. Open daily. L (Tues.-Sun.) D SB, \$\$

Christy's • American • RC All-day breakfast is the big draw here, particularly the wide selection of specialty pancakes, but lunch and dinner are served as well. • 1261 Boston Post Road, Westbrook, 860-399-4211 facebook.com/CristysWestbrook. Open daily. B, L, D, SB, \$\$, WA

Cuckoo's Nest • Mexican • RC Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for more than 35 years. • 1712 Post Road, Old Saybrook, 860-399-9060 cuckoosnest.biz. Open daily. L D SB, \$\$, E, WA

Dattilo Fine Italian at Water's Edge Resort and Spa • Italian Enjoy spectacular ocean views and Italian specialties like veal romano, wild mushroom arancini and lobster ravioli. And don't forget the award-winning Sunday brunch. • 1525 Boston Post Road., Westbrook, 860-399-5901 watersedgeresortandspa.com. Open daily. B L D SB, \$\$, E

Eli Cannon's Tap Room • Beer Bar • EP The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 elicannons.com. Closed Mon. L (Fri.-Sun.) D LS, \$\$, WA

The Essex • New American • EP The adventurous, seasonal menu fuses familiar New England flavors with traditional Japanese home-style cooking. The dining room wraps around the open kitchen in a modern, minimalist layout. Prix fixe available. • 30 Main St., Centerbrook, 860-247-4189 thesex.com. Closed Mon. L (Sun.) D, \$\$, WA

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Dinner nightly Sunday brunch Reservations welcomed





2018 Five Star Home Professionals CONNECTICUT

REAL ESTATE AGENTS • MORTGAGE PROFESSIONALS • HOME/AUTO INSURANCE PROFESSIONALS

Five Star Professional partnered with *Connecticut Magazine* to identify real estate, mortgage and insurance professionals in Connecticut who deliver outstanding service and client satisfaction. The Five Star Professional research team contacted thousands of recent homebuyers, as well as other consumers. Clients may also submit evaluations online. Phone and online respondents rated their service professional on criteria such as overall satisfaction and whether they would recommend the provider to a friend.



RISING STAR AWARD WINNERS

Meet the next wave of outstanding real estate agents in Connecticut! Five Star Professional's research team contacted branch managers, established real estate veterans and consumers to identify up-and-coming real estate agents in the industry. Rising Star award winners are held in high regard by their peers and mentors and have received a qualifying nomination for the award. Evaluators were asked to identify an agent that has been in the industry for five years or less that embodies professional excellence, exhibits superior customer service and shows great potential to excel in their profession. All Rising Star award winners must be actively licensed, satisfy minimum production criteria, and have a favorable regulatory history to be eligible for award consideration.

Research — How Our Winners Are Chosen

- The 2018 Five Star Real Estate Agents, Mortgage Professionals and Home/Auto Insurance Professionals do not pay a fee to be included in the research or the final list.
- Each professional is screened against state-governing bodies to verify that licenses are current and no disciplinary actions are pending.
- The inclusion of a real estate agent, mortgage professional or insurance professional on the final lists should not be construed as an endorsement by Five Star Professional or *Connecticut Magazine*.
- The research process incorporates a statistically valid sample in order to identify the professionals in the local market who score highest in overall satisfaction. These professionals are not included on the list unless their score is statistically valid.

Determination of Award Winners

Professionals who satisfied each of the following objective criteria were named a Connecticut 2018 Five Star Real Estate Agent, Five Star Mortgage Professional or Five Star Home/Auto Insurance Professional:

Evaluation Criteria:

1. Qualifying rating

Eligibility Criteria:

2. Holds an active license and employed in their field for a minimum of three years
3. Favorable regulatory and complaint history review
4. Satisfies minimum production on a one-year and three-year basis
5. Successful completion of a Blue Ribbon Panel review

Real estate agents, mortgage professionals and home/auto professionals are pooled only with other candidates from their profession.

Five Star Professional surveyed residents in Connecticut who purchased a home priced at more than \$250,000 within a 18-month period (October 2015 to April 2017) to identify real estate, mortgage and home/auto insurance professionals. Evaluations were collected by phone and online at www.fivestarprofessional.com/homesurvey.

The final list of 2018 Connecticut Five Star award winners is a select group, representing less than 3 percent of real estate agents, 6 percent of mortgage professionals and 1 percent of home/auto insurance professionals in the area.

For a detailed look at each of our research methodologies, go to fivestarprofessional.com/public/research. To see the full list of winners visit www.fivestarprofessional.com.

REAL ESTATE AGENTS

Eight-year winner Susan Resch

Susan Resch

Realtor

**Professional and Knowledgeable**

Susan has a wealth of experience in the Fairfield County real estate area and has listed and sold premier properties, starter homes for first-time buyers and everything in between.

Her successful career speaks for her ability to consistently exceed expectations. She offers expert advice with personal service, is results-oriented and can close the deal. Susan is consistently ranked as a top-producing associate based on CMLS statistics, and has been awarded multiple achievements.

"I am honored to be selected as a Five Star Real Estate Agent award winner again this year and would like to thank my clients for their continued support." — Susan Resch

- Expert negotiator with integrity
- Top 10 producer company-wide (William Raveis)
- Office top producer
- Full-service real estate professional
- Excellent advice and personal service

William Raveis Real Estate

44 Old Ridgefield Road • Wilton, CT 06897

Cell: 203-644-5055 • susan.resch@raveis.com • susanresch.raveis.com

Real Estate Agent Award Winner

CT Town and Shore Partners

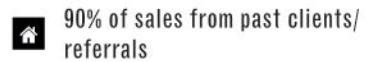
Left to right: Seven-year winner Paula "PB" Baraket; Matt Healy; Four-year winner Heather Dacey



When buying or selling a home, you want someone who can do a lot more than show you property. That's the easy part. You need a Realtor who is a good listener, skilled negotiator and trusted adviser. A professional that can take you through the process as seamlessly as possible. Someone who can acquaint you with the community and provide you with services that will make the transition more manageable. If that's what you are looking for, you've come to the right place. Give us a call, whether your move is local or global, you have nothing to lose and everything to gain!

HIGHLIGHTS

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Real Estate Agent Award Winner

REAL ESTATE AGENTS



Two-year winner Vickie L. Kelley

Vickie L. Kelley

Broker, Principal, Owner

*From Cottages to Castles ... Where Legendary Service Is No Myth!*

"Make an impact, deliver with excellence and maintain your reputation and integrity in everything you do!" is Vickie's mantra. She has built her business on dedication, communication, determination and trust while striving to achieve her clients' needs. She listens carefully and tailors advice to complement her clients' point of view. "Ethically representing your interests by combining exceptional client-focused real estate services with strategies that deliver is my top priority," she says. Exemplifying success through 38 years of experience, creativity and leadership, she is known as a consummate professional and real estate influencer; her successful career speaks for her ability to consistently exceed expectations and her track record says it all. Vickie is committed to offering the highest quality representation and array of real estate concierge services specializing in Weston and lower Fairfield County.

Vickie is honored to once again receive the Five Star Real Estate Agent award, for which she was proudly selected by clients, colleagues and peers!

CONTACT

190 Weston Road • Weston, CT 06883

Cell: 203-803-6448 • Office: 203-226-3568 • camelotre.com

Vickie L. Kelley: A Past President-Mid-Fairfield-County Association of Realtors, RPAC Trustee, Vice President-SB-Region 1-Connecticut Association Realtors and a Founding Director of CTStatewidemls.

Real Estate Agent Award Winner

Barbara Puorro

Broker/Owner, SRES®, CDPE, MRP, SFR®, SRES®, ABR®



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It has been my privilege to work with many wonderful clients over the years, and I am truly honored to have their continued support and long-term relationship. When representing them in transactions, I always have their best interest at heart. I am well known for my honesty, great negotiating skills and uncompromising integrity. My oldest son served in the military and then moved into the police force and my youngest son chose a career as an EMT. Therefore, I am very proud to be part of the wonderful Homes for Heroes® program.

Real Estate Agent Award Winner

Janie Merola

MBA, Realtor, ABR®, CDPE, CRS, e-PRO®, GREEN, GRI, SFR®, SRES®

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Clients come to us for a few reasons: sometimes they're anxious about potentially working with someone they don't know and might not trust ... they're overwhelmed by the process of buying or selling a home and its complexity, and they need it all simplified ... they've been through the process before, but they're at a point in life where they just can't afford to make a mistake. If it's finally time to find that home you truly love to create cherished memories in, we should talk.



670 Boston Post Road • Milford, CT 06460 • Phone: 203-521-0791
Janie@CTRealEstateHelp.com • www.CTRealEstateHelp.com

Real Estate Agent Award Winner

REAL ESTATE AGENTS

Gina Mcdonald

Sales Associate, CCIM, CNAS, CNMS, CNRS, e-Pro®

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gina.mcdonald@cbmoves.com
www.gina-mcdonald.com

Contact Gina to Serve You and Your Personal Real Estate Interests

In taking every measure to help her clients successfully accomplish their personal real estate goals, Gina McDonald exhibits genuine care, dedication and professionalism. Specializing in the Greater Hartford, Litchfield and Tolland County real estate markets, her passion for their thriving yet friendly communities is present as she caringly shares her valued counsel and comprehensive expertise. She is astute and highly skilled in the acquisition and marketing of residential, distinctive luxury and investment properties, and she is dedicated to providing her clients with exceptional representation in her efforts to accomplish making their real estate dreams come true!

Real Estate Agent Award Winner

Margo Mikunda

GRI, HAFA, SRS,RENE



Left to right: Five-year winner Margo Mikunda, SRS,RENE, NMLS 0789745; Mat Mikunda, NMLS 079763

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Real Estate Agent Award Winner

Anthony Annunziato

Broker Associate

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I have been serving the greater New Haven and Shoreline areas for 30 years. Whether you are selling, looking for your first home, dream home, commercial or investment property or development opportunities — you can count on my experience to help protect you from the pitfalls of selling or purchasing property. One-hundred percent of my real estate business is from past clients and referrals, and as a retired captain of the New Haven fire department, I take great pride in protecting my clients.

24 Washington Avenue • North Haven, CT 06473 • Cell: 203-641-7325
Anthony.annunziato@coldwellbankermoves.com • coldwellbankerhomes.com

Real Estate Agent Award Winner

Theresa Blinder

Sales Vice President and Luxury/Distinctive Properties Specialist

BLINDER
& COMPANY

William Raveis Real Estate
44 Old Ridgefield Road
Wilton, CT 06897
Cell: 203-858-7947
Office: 203-682-8352
Theresa.Blinder@Raveis.com
www.TheresaBlinder.com

Theresa and her team have earned a reputation for surpassing client expectations via:

- Professional excellence
- Deep industry knowledge
- Extraordinary integrity
- Dedication to service
- Skilled negotiating
- Achievement of results

"Theresa is a top-notch professional across all dimensions of the real estate transaction. She's extraordinarily skilled, responsive and committed to a successful outcome." — S. M., Wilton

"Theresa is a pro — she's in the upper echelon of her field. When you're trying to sell your home, what you want is to hire 'the best and the brightest.' That's why we chose Theresa. She's amazing." — M. H., Stamford

Real Estate Agent Award Winner

REAL ESTATE AGENTS

Christine Fairchild

Associate Broker

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- Awarded to top 3% out of 85,000 sales associates in the worldwide Coldwell Banker system
- Coldwell Banker's Top 50 agents ranking in Connecticut for 2013 – 2017
- Certificate of achievement for exceptional service, 2016

Christine is an international award-winning Realtor who believes in hard work and gives 110 percent to everything she does. Her knowledge and high quality professionalism reward her with the ability to obtain repeat clients and continuous referrals. Christine delivers outstanding results with an upbeat personality and can-do attitude.

Real Estate Agent Award Winner

Carol P. Cangiano

Realtor, Certified Negotiation Expert

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236 Boston Post Road
Orange, CT 06477
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- Client-focused approach
- Uncompromising service
- Innovative marketing
- Expert negotiation

"It's a blessing to have the opportunity to do something that I love: help people achieve their goals. There is truly nothing more rewarding. I thank my clients for honoring me with this award." — Carol P. Cangiano

Real Estate Agent Award Winner

Linda Johnson

Realtor

**RE/MAX
Premier, Realtors**

75 Brace Road
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"Linda is amazing! She did a beautiful job staging my home, researching the area and giving me advice. All the while she was available for my questions and regularly kept me up to date on everything going on. She is very hands on and my home sold faster than I ever could have expected. Not to mention she was a pleasure to work with. I can't say enough good things about her. Highly recommend!" — lynnpiac429

Real Estate Agent Award Winner

Robin Keegan

Realtor

**The
SHORELINE
HOMES TEAM**

William Raveis Real Estate
709 Boston Post Road
Madison, CT 06443
Phone: 203-500-2212
robin@shorelinehomesct.com
www.raveis.com/shorelinehomesteam
www.facebook.com/ShorelineHomesTeam

- Better communication
- Market knowledge
- Target marketing
- Skilled negotiating

Whether you are listing your home for sale or looking to purchase a home, these times demand a different approach and a different level of service. Robin and her team bring you that advantage by merging networks and unique skill sets that optimize opportunities for every client no matter what the size or price of their home. Year after year she keeps winning awards because she works smarter, closes faster and gets results you can count on.

Real Estate Agent Award Winner

REAL ESTATE AGENTS**Margaret Leicach**

CDPE, SRES®



970 Farmington Avenue, Suite 300
West Hartford, CT 06107
Cell: 860-214-3974
Realtormargaret@bhhsne.com
realtormargaret.com

Lic. RES 0783823

- Personal client service
- Superior listening and negotiation skills
- Calm, patient and positive

As an agent representing one of the most dynamic real estate brands in the country, you can expect the utmost professionalism and dedication to all of your real estate needs. From our first meeting to the final closing, I'm here to provide you with the best possible service to help you buy or sell a home. Equipped with the finest tools and technology, I'll guide you through your real estate transaction — every step of the way.

Real Estate Agent Award Winner

Cathayann Schulte

Broker, Owner



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- A top producer since 1997

We credit our success to relentless focus on customer service, strong work ethic and emphasis on preparation. I would like to send a sincere thank-you to my past and present clients for your loyalty, trust, referrals and repeat business throughout the years!

Real Estate Agent Award Winner

Barrett Daly Real Estate Group

Left to right: Six-year winner Marybeth Barrett; Taylor Daly



We have 28 years of combined experience selling real estate in Greater Hartford, and are in the top 2 percent of Realtors nationally (BHHS). Working as a team allows us to give our clients outstanding customer service. We love what we do and feel like that transcends into our business. It's an honor to be selected for this award because it comes directly from our clients!

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Phone: 860-930-2222 • BarrettDalyGroup@bhhsne.com • barrettdalygroup.bhhsneproperties.com

Real Estate Agent Award Winner

Karen Hedman

Realtor, Buying Specialist, Lic. 802688

**The Ogren Group
Keller Williams Realty**

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#KarenHedmanRealtor

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- Honest service

I understand that the purchase of your home is a huge step in your life. You deserve an agent that will focus on your needs and wants. I will do that and make them my priorities when searching for the right home for you. Customer service to my clients is my priority in helping find the right home. I get to know clients personally and work with them to ensure their goals are met. I work for them to make their homebuying process positive every step of the way.

Rising Star Real Estate Agent Award Winner

REAL ESTATE AGENTS**Tammy Tinnerello**

Realtor, AREP



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As an agent who's an expert in this area, I bring a wealth of knowledge and expertise about buying and selling real estate here. Every community is different, so you need someone you can trust for up-to-date information. I am eager to serve you. I can make your home attractive to its ideal audience — which can help you get a top-dollar sale.

Rising Star Real Estate Agent Award Winner

“Always be honest. It can take a lifetime to build a reputation, but it can only take a second to destroy it.”

— Five Star award winner

Jane E. Ferro

Realtor, Team Leader



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RES 222187.

Real Estate Agent Award Winner

Rosalie Averill

Realtor

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rrnba@aol.com
www.RupwaniAssociates.com



President — Valley Association of Realtors,
2016, 2017, 2018

I am honored to receive this award for eight consecutive years. This award, based on my market knowledge, integrity, customer-client satisfaction, professionalism and negotiation skills, is evidence that all Realtors are not the same! Your confidence in me to get the job done is humbling and I am most thankful to you. My past track record drives my future business!

Real Estate Agent Award Winner

Nancy Dansereau

Marketing and Sales Representative, Realtor, Lic. 766198



This was a year of success for Nancy Dansereau & Associates. Communication, knowledge and well executed closings are keys to our success. I take each transaction seriously and provide superior service. I appreciate the support of my clients; past, present and future. It is an honor to be given this award once again!

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Phone: 860-301-5148 • nancy.dansereau@cbmoves.com
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Real Estate Agent Award Winner

Marilyn Jacobs

Realtor, PSCS®, Global Luxury Specialist



86 Halls Road
Old Lyme, CT 06371
Cell: 860-304-6264
Office: 860-434-8600
Marilyn.Jacobs@CBMoves.com
MarilynJacobs.net



My heartfelt thanks to each and every person who was instrumental in me receiving this prestigious award. Your confidence and loyalty throughout the years are sincerely appreciated. It's been a privilege to work with you, and I'm honored to be given this recognition. My Realtor-client relationships are a team effort, and these partnerships make for successful transactions. I'm looking forward to assisting buyers and sellers in achieving their real estate goals in the future!

Real Estate Agent Award Winner

Jamie Sanderson

Realtor

**Weichert Realtors
Browning & Browning**

580 Providence Road, P.O. Box 468
Brooklyn, CT 06234
Phone: 860-377-4943
jamiesanderson23@yahoo.com
jamie@realtor.com



Licensed in Connecticut and Rhode Island

Jamie has been selling real estate since 2004. As a multimillion-dollar Realtor, she consistently ranks at the top of her profession, thanks to both her clients and her peers. Jamie's goal is that each client has a positive experience along the way.

Lic. 770819.

Real Estate Agent Award Winner

REAL ESTATE AGENTS

Peg Mitchel
Broker-Associate



GLOBAL
LUXURY



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Ellen Zern
Owner/Broker



Shelton, CT 06484
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Phone: 203-929-6775
pepe.realty@snet.net
peperealty.com



Licensed Realtor Since 1983
Owner/Broker of Pepe Realty, Inc. Since 1998

I always want my clients to feel as though I am only working with them. They should always feel that they have my full attention. With a Bachelor of Science in education, I still love to teach first-time buyers and empty nesters. I consider myself a patient person who is willing to work with someone until they are comfortable with any transaction.

Real Estate Agent Award Winner

Nancy Lydell
Realtor, ABR®, CRS



330 South Main Street
Cheshire, CT 06410
Office: 203 272-1821, Ext. 349
nancy_lydell@calcagni.com
www.calcagni.com/nancylydell



A heartfelt thank-you to my clients for honoring me again with this prestigious award! I truly appreciate your business and referrals! With over 20 years' experience, finding the perfect home for you and your loved ones is my passion. Whether buying or selling, I look forward to building new relationships and helping you achieve your real estate dreams in 2018!

Licensed in the state of Connecticut,
representing Douglas L. Calcagni Associates, Inc.

Real Estate Agent Award Winner

Gary Passineau
Realtor

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Professional Representation, Personal Touch!

It is an honor to be recognized again this year. I try to never forget I am in the people business. I strive to be honest with all — to not mislead or create unrealistic expectations for anyone. Thank you to those who have recommended me to others.

Real Estate Agent Award Winner

Laureen Kennedy
Realtor, CRS, SRES®, ABR®, e-PRO®



680 South Main Street
Cheshire, CT 06410
Phone: 203-671-1817
laureen.kennedy@cbmoves.com
www.laureenkennedy.com



Real Estate with Real Integrity

I have been privileged to work with some great clients who have become personal friends. I am also fortunate that I have many who are repeat clients and who refer me to their family and friends. No matter how long it takes to find the perfect home or to sell a unique property, I give every client 150 percent until the job is done.

Real Estate Agent Award Winner

Jacqueline S. Williams
President, Broker



27 Pleasant Street
Middletown, CT 06457
Cell: 860-638-7413
Phone: 860-343-3820
sterling@aol.com
sterling-realtors.com



*Sterling, It's More Than Our Name,
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It is a wonderful honor to be chosen again this year for the Five Star Real Estate Agent award. Again, I thank all my past and present clients for continuing to support and recommend me. It's amazing to realize I have persisted through 40 years of changing markets; I'm planning on another successful year. I am currently ranked in Coldwell Banker's Top 50 Realtors for the Connecticut/Westchester area, and was awarded Coldwell Banker's NRT Top 1,000 Sales Associate for 2017's third quarter.

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Heidi L. Matusik

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Sales Vice President



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All Areas

Pamela Albini - Coldwell Banker

Anthony Annunziato - Coldwell Banker
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Paula Baraket - Christie's International Real Estate/Page Taft Page 2

Marybeth Barrett - Berkshire Hathaway HomeServices Page 6

Rick Berkenstock - CENTURY 21 AllPoints Realty

Shirley Birkmeyer - Sotheby's International Realty/William Pitt Page 10

Paula Burton - CENTURY 21 AllPoints Realty

Julie Carney - William Raveis Real Estate Page 9

Carl Chisem, Jr. - Sterling, Realtors

Ellen Christian - Coldwell Banker

Linda Connolly - William Raveis Real Estate Page 10

Heather Crabtree - Coldwell Banker Page 12

Margaret Curry - William Raveis Real Estate

Jackie Desmarais - Showcase Realty

Vincent Diana - William Raveis Real Estate Page 11

Darlene Eaton - Weichert, Realtors

Sandy Fehrs - Calcagni Real Estate

Judie Ferraro - Calcagni Real Estate

Tom Foster - Berkshire Hathaway HomeServices Page 10

Cathy Fracker - Coldwell Banker

Linda Freedman - Christie's International Real Estate/Page Taft

Irit Granger - Sotheby's International Realty/William Pitt

Margaret "Peggy" Gregan - ERA
Blanchard and Rossetto Page 10

Nancy Hainsworth - William Raveis Real Estate

Leslie Hammond - Hammond Realty
Linda Heilig - CENTURY 21 AllPoints Realty

Linda Hicks - Sotheby's International Realty Page 11

Jennifer Holt - RE/MAX Page 10

Deborah Huscher - William Raveis Real Estate Page 12

Denise Iannucci - Coldwell Banker

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Laureen Kennedy - Coldwell Banker Page 8

Loretta King - William Raveis Real Estate

Sheree Landerman - The Buyers Representative

Barbara Lazzari - William Raveis Real Estate

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Maribeth Lightowler - Coldwell Banker Page 11

Karen Longley - Keller Williams Realty

Fernanda Lopes - Coldwell Banker

Bethany Lydem - Stone Crest Realty

Bev Magner - Berkshire Hathaway HomeServices

Michelle Manter - Keller Williams/Manter Realty Group

Karen Martin - CENTURY 21 Page 8

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Patricia McCarthy - William Raveis Real Estate Page 12

Bonnie McManamy - Sotheby's International Realty
Janie Merola - RE/MAX Page 3

Margo Mikunda - Complete Real Estate Page 4

Donald Miller - ERA Blanchard & Rossetto Page 10

Sylvia Mitchell - Coldwell Banker Page 10

Donna Mizak - William Raveis Real Estate

Lori Montazella - Coldwell Banker

Robert Morey - RE/MAX Right Choice

Cindy Muska - William Raveis Real Estate

Mary New - Berkshire Hathaway HomeServices

Wendy Pardue - William Raveis Real Estate

Karen Parrella - Coldwell Banker

Michael Pavlicin - Coldwell Banker

Richard Pavlik - Pavlik Real Estate

Debbie Pizzo - Sotheby's International Realty

Barbara Podlisny - William Raveis Real Estate Page 11

John Queenan - Sotheby's International Realty/William Pitt Page 10

Christine Reynolds - Coldwell Banker

Judy Robinson - Realty Seven Page 10

Doris Rowe - Coldwell Banker Page 9

Jamie Sanderson - Weichert, Realtors Browning & Browning Page 7

Katie Schargus - RE/MAX Page 8

Cathrynn Schulte - Countryside Realty Page 6

Marc Seigel - Keller Williams Realty

Lauren Seigel-Gross - Keller Williams Realty/Siegel Realty Group

Barbara Sibley - Berkshire Hathaway HomeServices

Barbara Sivba - Coldwell Banker Page 9

Elaine Smith - CENTURY 21 AllPoints Realty

Dale Stevens - RE/MAX Hometown

Monie Sullivan - William Raveis Real Estate

Fredda Takacs - Coldwell Banker

Marie Tracy - Coldwell Banker

Mala Vaish - Keller Williams Realty

Wendy Weir - RE/MAX

Susan Wiley - Berkshire Hathaway HomeServices Page 10

Karen Woolley - Agnelli Real Estate

Loni Wright - RE/MAX

Margaret Yonika - William Raveis Real Estate

Marybeth Zarifian - Berkshire Hathaway HomeServices

Ellen Zern - Pepe Realty Page 8

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Mary Ellen Maloney - SalCal Real Estate Connections Page 11

Chris Rose - ERA

Branford

Phil Carloni - RE/MAX Alliance

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Linda McCaffrey - Coldwell Banker

Cheshire

Nancy Lydell - Calcagni Real Estate Page 8

Cheri Paulsen - Coldwell Banker Residential Brokerage

Melanie Ricci - Coldwell Banker Page 10

Colchester

Joyce Covone - Berkshire Hathaway HomeServices

Sandra Lindstrom - Berkshire Hathaway HomeServices

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Danbury

Svetlana Mastrogiovanni - William Raveis Real Estate

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Darien

Nancy Dauk - Halstead Property

East Lyme

Marilyn Jacobs - Coldwell Banker Page 7

Enfield

Joanne Kazukynas - CENTURY 21 AllPoints Realty

Essex

Leslie Holland - Sotheby's International Realty/William Pitt Page 11

REAL ESTATE AGENTS

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Margaret "Peg" Mitchel - Coldwell Banker Page 8	Lisa Rollins - Christie's International Real Estate/ Page Taft	North Haven	Heidi Matusik - Calcagni Real Estate Page 9	Westport
Fairfield	Eric Thal - William Raveis Real Estate	Dana Longley - Coldwell Banker	Donna Myjak - Berkshire Hathaway HomeServices	Cathy Blount - The Riverside Realty Group
Karen Cross - William Raveis Real Estate Page 10	Bette Zollshan - Sotheby's International Realty/William Pitt	Norwalk		Susan Hawley - Coldwell Banker Residential Brokerage Page 10
Patricia Eilenberg - Berkshire Hathaway HomeServices	Steven Ferrigno - Ferrigno-Storrs Realtors	Steve Scatamacchia - William Raveis Real Estate Page 10	Joelle Bentley - Douglas Elliman Real Estate	Jane Jones - Berkshire Hathaway HomeServices
Lois Lipow - William Raveis Real Estate Page 9	Marlborough	Nancy Birge - Coldwell Banker	Geri Guzinski - William Raveis Real Estate	Janet Nalezyński - Coldwell Banker
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Carol McCullough - Berkshire Hathaway HomeServices	Meriden	Old Saybrook	Samantha Storey - RE/MAX Coast & Country	Judy Szablak - Coldwell Banker
George Papageorge - Sotheby's International Realty/William Pitt	Judith Mik - Berkshire Hathaway HomeServices	Bill Sage - Coldwell Banker Residential Brokerage Page 9	Stratford	Wilton
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Killingworth	Rita Kirby - Sotheby's International Realty	Bobbi Mathues - Realty World Hometown	Geoff Hausmann - RE/MAX On The Bay	Myla Chadwick - Coldwell Banker Residential Brokerage
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Village Mortgage



Left to right: Seven-year winner Michael Lockavitch, Three-year winner Tracey Jackson-Fiske, Six-year winner Richard Breed, Eight-year winner Marc Nathan, Six-year winner Jay Johnston, Four-year winner Suzanne Greene, Three-year winner Jennifer Torrens, Two-year winner Jim Ryder

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Mortgage Professional Award Winner



Liberty Bank

Gail C. Bartoli


6
YEAR
WINNER

AVP, Mortgage Loan Officer
Cell: 860-759-9805
gbartoli@liberty-bank.com
liberty-bank.com/gail
NMLS 494878

Peter Ganci


6
YEAR
WINNER

AVP, Mortgage Loan Officer
Cell: 860-471-2373
pganci@liberty-bank.com
liberty-bank.com/peter
NMLS 643580

Deborah K. Miller


8
YEAR
WINNER

AVP, Mortgage Loan Officer
Cell: 860-882-8062
dmiller@liberty-bank.com
liberty-bank.com/dmiller
NMLS 568814

Matthew L. Nawrocki


4
YEAR
WINNER

AVP, Mortgage Loan Officer
Cell: 860-759-9843
mnavrocki@liberty-bank.com
liberty-bank.com/mattn
NMLS 494881

Tracey L. Perry


5
YEAR
WINNER

AVP, Mortgage Loan Officer
Cell: 860-759-9848
tperry@liberty-bank.com
liberty-bank.com/tracey
NMLS 568815

Jerry Polzella


6
YEAR
WINNER

AVP, Mortgage Loan Officer
Cell: 860-759-9853
jpolzella@liberty-bank.com
liberty-bank.com/jerry
NMLS 494882

Faith Wilson


7
YEAR
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Mortgage Professional Award Winner

Spring Burke

Vice President, Mortgage Advisor, NMLS 597840

**Salisbury Bank**

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 Lakeville, CT 06039
 Cell: 860-485-2230
 Phone: 860-596-2533
 sburke@salisburybank.com
 www.salisburybank.com/spring

- Has worked in the banking industry for over half of her life in different roles
- Recipient of Five Star Mortgage Professional award five years in a row, 2014, 2015, 2016, 2017 and 2018
- Featured in the Northeast mortgage edition of *Top Agent Magazine* and named a Top Mortgage Professional in 2016

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Mortgage Professional Award Winner

Paula Mercier

NMLS 25932

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 Wethersfield, CT 06109
 Phone: 860-761-1331, Ext. 102
 Cell: 860-306-1666
 www.welcomehomemortgage.net
 paula@welcomehomemortgage.net



Thank You for Your Trust!

Thank you to all my clients, business partners and associates. You are the reason for my success. I am truly a lucky lady to be in a business that allows me to meet such wonderful people. I have had the same clients and associates for over 20 years. I love what I do for a living. It is my passion to help each and every client find the right product for them; whether purchasing a home, refinancing a home or helping an elderly loved one.

Mortgage Professional Award Winner

Spring Burke

Vice President, Mortgage Advisor, NMLS 597840

**Atlantic Home Loans**

Left to right: Seven-year winner Terry Terzakis; Three-year winner Patricia Leary



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 pleary@atlantichomeloans.com • tterzakis@atlantichomeloans.com

Patricia Leary, NMLS 99279; Terry Terzakis, NMLS 110369.

Mortgage Professional Award Winner

Rose Yardito

Vice President, Senior Mortgage Banking Officer

**Rose Yardito**

Vice President, Senior Mortgage Banking Officer

Webster Bank

14 Danbury Road
 Ridgefield, CT 06877
 Office: 860-945-3450
 Cell: 203-217-3022
 Fax: 860-945-3451
 ryardito@websterbank.com
 www.websterbank.com/ryardito



Rose Yardito has worked within the mortgage business for over 30 years. She has established a firm understanding of both the mortgage process and the various mortgage options available to her clients.

NMLS 555715.

Mortgage Professional Award Winner

Trish Townsend

Residential Loan Specialist

**The Milford Bank**

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Mortgage Professional Award Winner



HOME MORTGAGE



Five-year winner

Stephen Habetz
 Home Mortgage Consultant

203-984-6241
 NMLSR ID 1695879

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— Five Star award winner

HOME/AUTO INSURANCE PROFESSIONALS

Kimberly Fitzgerald

Vice President, API™, CIP, CLP, CPCU®, DAE



344 Robbins Street
Waterbury, CT 06708
Phone: 203-574-4524
kim@montagnoins.com
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Home/Auto Insurance Professional Award Winner

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Agent, Owner, Lic. Conn. and N.Y.



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Do You Know the Two
Cost for Insurance?

Home/Auto Insurance Professional Award Winner

Tammy Enquist-Canfield

Lead Sales Representative



Phone: 203-695-3893
eFax: 603-559-9477
Tammy.Canfield@LibertyMutual.com
facebook.com/TammyCanfieldLM

Thank You to My Clients
for This Honor

Home/Auto Insurance Professional Award Winner

Jennifer Crowley

Senior Account Executive



Direct: 860-809-3191
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Facebook.com/JenniferCrowleyGE
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Home/Auto Insurance Professional Award Winner

“Perseverance and inner strength
count for a lot.”

— Five Star award winner

All award winners are sorted by profession, city and listed alphabetically by last name.

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Lisa Tregoning - Connecticut Insurance Exchange

Ronald Tregoning - Connecticut Insurance Exchange

Hallie Wong - Peter M. Bakker Agency

| dining guide | new haven county

Frank Pepe Pizzeria Napoletana • Pizza • EP RC The original home of New Haven-style thin-crust pizza, cooked in a coal-fired brick oven which is carefully replicated in Pepe's satellite locations. • 157 Wooster St., New Haven, 203-865-5762; 130 Reidville Drive, Waterbury, 475-235-2145 pepespizzeria.com. Open daily. L, D, \$, WA

G-Zen • Vegetarian • EP RC Focused on green business ethics, G-Zen offers up locally sourced vegetarian, vegan, organic and sustainable cuisine. • 2 E. Main St., Branford, 203-208-0443 g-zen.com. Closed Sun.-Mon. L (Sat.), D, \$\$, E

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 geronimobarandgrill.com. Open daily. L (Mon.-Sat.) D, \$\$

Heirloom • Modern Continental Seasonal Farm & Coastal menu draws its inspiration from the New England pantry with fresh ingredients sourced from regional heritage growers and artisan suppliers. Expansive international wine collection. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 heirloomnewhaven.com. Open daily. B L (Mon.-Sat.) D, SB, \$\$, WA

Home • American Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 homorestaurantct.com. Closed Mon. L D, \$\$, E

House of Naan • Indian • EP Contemporary and savory Indian dishes, with Fusion craft cocktails enlivened by authentic fresh Indian spices and an enjoyable atmosphere. • 65 Howe St., New Haven, 203-562-6226 houseofnaan.com. Open daily. L D LS, \$, WA

Ibiza Tapas • Tapas Enjoy a taste of Spain with a wide variety of either hot or cold tapas and an extensive wine bar, in either the vibrantly colored dining area or outdoor patio. • 1832 Dixwell Ave., Hamden, 203-909-6512 ibizatapaswinebar.com. Closed Mon. D, LS (Fri.-Sat.), \$, WA

L'Orcio • Contemporary Italian This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 lorcio.com. Closed Mon. L (Fri.) D, \$\$

La Tavola Ristorante • Classic Italian • EP Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 latavolristorante.com. Open daily. L D, \$\$, WA

Le Petit Café • French • EP Simple, fresh and elegant dining with the menu du jour in a cozy, unpretentious atmosphere. • 225 Montowese St., Branford, 203-483-9791 lepetitcafe.net. Closed Mon.-Tues. D, \$\$

Lenny & Joe's Fish Tale • Seafood • RC This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 501 Long Wharf Drive, New Haven, 203-691-6619; 1301 Boston Post Road, Madison, 203-245-7289 lfishtale.com. Open daily. L D, \$\$, WA

Mamoun's • Middle Eastern • RC Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 mamouns.com. Open daily. L D LS, \$, WA

Midnight Ramen • Asian • RC From 11 p.m. to 3 a.m. Fri. & Sat., Anya Sushi serves authentic Japanese Ramen, as well as varieties of sake, wine and Japanese beer. • 1150 Chapel St., New Haven, 203-891-6716 midnightramen.com. Fri. & Sat. only LS, \$, WA

Mikro Beer Bar • Gastropub • EP The unique menu includes the "French Revolution" flatbread, steamed mussels & frites, and shrimp & grits. The name (pronounced "micro") refers to the bar's intimate space and to the lineup of microbrews. • 3000 Whitney Ave., Hamden, 203-553-7676 mikrobeerbar.com. Open daily. D SB, \$\$, WA

Miyia's • Sushi • EP Sushi restaurant like no other, thanks to chef Bun Lai's unique creations. • 68 Howe St., New Haven, 203-777-9760 miyassushi.com. Closed Sun.-Mon. L D, \$\$, WA

Modern Apizza • Pizza • EP RC Classic New Haven destination for brick-oven pizza and calzone. • 874 State St., New Haven, 203-776-5306 modernapizza.com. Closed Mon. L, D, \$, WA

Moxie • American • EP High-end American cuisine is the star here. Try the perfectly cooked burger that comes with awesome fries doused in kosher salt and malt vinegar powder. • 52 Wall St., Madison, 203-421-6963 moxie-bar.com. Closed Mon. D (Tues.-Sun.) L (Fri.-Sun.), \$\$, WA

Olea • Spanish • EP RC World-class, full-service Spanish restaurant, with a fun tapas bar. • 39 High St., New Haven, 203-780-8925 oleanewhaven.com. Closed Sun. D, \$\$, WA

Olives and Oil • Italian • EP Recognizable and familiar dishes are done in adventurous ways that are exciting and well executed. • 124 Temple St., New Haven, 203-891-5870 olivesandoil.com. Open daily. L D LS, \$\$, WA

Park Central Tavern • American The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 parkcentraltavern.com. Open daily. L D, \$, WA

The Place • Seafood • EP RC Outdoor restaurant where seafood is cooked over an 18-foot fire pit. Open seasonally May-Sept. and weekends in Oct. • 901 Boston Post Road, Guilford, 203-453-9276 thelplaceguilford.com. Open daily. L (Sat.-Sun.), D, \$, WA

Prime 16 • Burgers • EP Select from a list of gourmet burgers or build your own, plus a variety of sandwiches, salads and small plates. • 172 Temple St., New Haven, 203-782-1616; 464 Boston Post Road, Orange, 203-553-9616 prime16.com. Open daily. L, D, LS (Orange), \$

Ristorante Luce • Classic Italian Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 ristoranteluce.net. Open daily. L (Mon.-Fri.) D, \$\$

Sally's Apizza, New Haven • Pizza • EP Each pie is individually hand-made and carefully baked in the coal-fired oven at this New Haven landmark. • 237 Wooster St., New Haven, 203-624-5271 sallysapizza.com. Closed Mon.-Tues. L D, \$, WA

Señor Pancho's • Mexican Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 senorpanchos.com. Open daily. L D SB, \$, E, WA

Shell & Bones Oyster Bar & Grill • Seafood • EP RC This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 shellandbones.com. Open daily. D L (Sat.-Sun.), \$\$

Spiga • Italian • RC Pair a small plate, entrée or brick-oven pizza with one of more than 30 wines on hand. • 136 Main St., New Canaan, 203-920-1351 eatatspiga.com. Open daily. L, D, LS (Fri. & Sat.), SB, \$\$, WA

Taste of China • Chinese • EP Authentic Szechuan/Chengdu-style food in an elegant yet casual setting, with a full bar and an extensive beer list. • 954 Chapel St., New Haven, 203-745-5872 tasteofchinaus.com. Open daily. L D LS, \$

Union League Cafe • French • EP RC Designed to capture the conviviality and old-world charm of a Parisian brasserie — less formal, more lively, unpressured but with attention to memorable food, wine and service. • 1032 Chapel St., New Haven, 203-562-4299 unionleaguecafe.com. Closed Sun. L (Mon.-Fri.), D, \$\$

Viron Rando's Osteria • Italian The seasonal menu includes well-known and loved Italian classics as well as new dishes, using local, sustainable and organic ingredients. • 1721 Highland Ave., Cheshire, 203-439-2727 vironrandoosteria.com. Open daily. L D LS, \$\$

The Wharf • New American • EP This spot at the Madison Beach Hotel serves up panko-crusted sea bass, duck two ways and bourbon-glazed pork tenderloin — with a side of water views. • 94 West Wharf Road, Madison, 203-350-0014 madisonbeachhotel.com. Open daily. B L D, \$\$, WA

Zaragoza • Tapas • EP Tapas and hand-crafted cocktails in a modern, sophisticated space. • 31 Bank St., New Milford, 860-350-0701 zaragozarestaurant.com. Open daily. L (Fri. & Sat.) D SB, \$\$

Zinc • American • EP Their modern interpretation of "American Food" is local market-inspired and globally infused with a focus on sustainable food, offering a dining experience fit for even the most enthusiastic of foodies. • 964 Chapel St., New Haven, 203-624-0507 zincfood.com. Closed Sun. L (Tues.-Fri.) D, \$\$

| New London County |

Bleu Squid • American A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, 860-536-6343 dessertsmysticct.com. Open daily. L, D, \$, WA

Caffé NV • Greek • RC Favorites include pasta a la Philip and shrimp Saganaki at this restaurant with stained-glass windows and brick walls. • 57 Boston Post Road, Waterford, 860-444-8111 cafenv.com. Closed Sun. L D LS, \$\$, WA

The Captain Daniel Packer Inn • American This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon. • 32 Water St., Mystic, 860-536-3555 danielpacker.com. Open daily. L D, \$\$, WA

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 943 Poquonock Road, Groton, 860-449-6868 chestersbbq.com. Open daily. L D, \$\$

David Burke Prime • American An updated steakhouse menu with dry-aged beef, as well as terrific pork, chicken and seafood specialties. The steak served here is truly a cut above. • Foxwoods Resort Casino, Mashantucket, 860-312-8753 davidburke-prime.com. Open daily. L D SB, \$\$

Flanders Fish Market & Restaurant • Seafood • RC Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clam bakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 flandersfish.com. Open daily. L D SB, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP While world-famous white clam pizza is the standout, any pie here is worth the wait. • Mohegan Sun, Uncasville, 860-862-8888 pepesizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP RC The original home of New Haven-style thin-crust pizza, cooked in a coal-fired brick oven which is carefully replicated in Pepe's satellite locations. • Mohegan Sun, Uncasville, 860-862-8888 pepesizzeria.com. Open daily. L, D, \$, WA

Friar Tuck's Tavern • Pub Grub • RC A faithful tribute to the original idea of a "pub," with a warm atmosphere and unfussy, unpretentious, but hearty and filling food. • 15 Water St., Mystic, 860-572-6069 friertucksmythic.com. Open daily. L D LS, \$\$, WA

Kensington's at Norwich Inn • American A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 thespaatnorwichinn.com/kensingtons. Open daily. B L D SB, \$\$, E, WA

M/BAR, Mystic • Tapas • EP Restored gas station featuring coffee, wine, spirits and inspired small plates. • 3 Broadway Ave., Mystic, 860-245-4499 mbarc.com. Open daily. B & L (Mon.-Fri.), D (Wed.-Sun.), \$\$, WA

Michael Jordan's Steak House • American USDA prime steaks, chops and fresh seafood paired with an extensive wine list. • Mohegan Sun, Uncasville, 860-862-8600 michaeljordansteakhouse.com. Open daily. D, \$\$

Morning Glory Café • American Family-owned restaurant located on the Lieutenant River in Old Lyme serves breakfast (all day on the weekends) and lunch, and features a menu with both American and Asian cuisine. • 11 Halls Road, Old Lyme, 860-434-0480. Open daily. B L, \$, WA

The Old Lyme Inn • American The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 oldlymeyn.com. Open daily. L D, \$\$, WA

Oyster Club • American • EP This popular place showcases food that travels the shortest distance from farm and sea to table, with seasonality and location determining the day's dishes. • 13 Water St., Mystic, 860-415-9266 oysterclubct.com. Closed Tues. L (Sat.) D SB, \$\$, WA

Rebeka Fresh Pasta Restaurant •

Italian • RC Authentic Italian pasta dishes, made fresh daily. • 135 Boston Post Road, East Lyme, 860-691-1155 rebekafreshpastarestaurant.com. Open daily. L D, \$, WA

Red 36 • American • EP It's all about the sea at this waterside hotspot that offers delicious dinner with a great view. • 2 Washington St., Mystic, 860-536-3604 red36ct.com. Closed Mon. L D, \$\$

Rise, Mystic • American • RC Breakfast spot in a homey and comfortable atmosphere, offering both standard breakfast fare and some unique twists. Lunch is also available. • 10 Water St, Mystic, 860-415-9519 risemystic.com. Closed Tues. B L S, \$, WA

S&P Oyster Co. • Seafood • RC Serving traditional New England seafood with a South American flair. Enjoy oysters on the half shell, PEI mussels, fresh cuts of fish and Creekstone Farms steaks grilled over hardwoods. • 1 Holmes St., Mystic, 860-536-2674 sp-oyster.com. Open daily. L D, \$\$, WA

| Tolland County |

Asian Bistro • Asian Fusion • EP A popular hibachi steakhouse/bar offering Asian-fusion dishes along with sushi and sashimi. • 95 Storrs Road, Mansfield, 860-456-8316 asianbistromansfield.com. Open daily. L D, \$\$, WA

Bindwell Tavern & Cafe • American This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D L S, \$\$, E, WA

The Blue Oak at the Nathan Hale Inn • American On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. B L D, \$\$, WA

Camille's Wood Fired Pizza • Pizza • EP Pair the fresh pizzas, pastas and artisan dishes with a diverse selection of wines or craft beers. • 23 Fieldstone Commons, Tolland, 860-896-6976 camillespizza.com. Closed Mon. L, D, \$, WA

Lake View • Seafood / Italian Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 coventrylakeview.com. Open daily. L D, \$\$, E, WA

Rein's New York Style Deli-Restaurant • American • EP RC Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 reindeli.com. Open daily. B L D L S, \$, WA

True Blue Tavern at the Nathan Hale Inn • American Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. D, \$, WA

Utsav Indian Cuisine • Indian • EP This gem boasts a menu of delectable Indian treats such as shham saava or calamari cochin. • 575 Talcottville Road, Vernon, 860-871-8714 utsavcuisine.com. Open daily. L D, \$\$, WA

| Windham County |

The Courthouse Bar & Grille • American • EP Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 courthousebarandgrille.com. Open daily. L D L S (weekends), \$, WA

The Flatbread Company, Canton • Pizza • EP Wood-fired, clay oven pizza made from organic and all-natural ingredients. • 110 Albany Turnpike #914, Canton, 860-693-3314 flatbreadcompany.com/canton/. Open daily. L, D, \$, WA

Hank's Restaurant • American A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 hanksrestaurant.com. Open daily. L D, \$\$

The Heirloom Food Company • Vegan • EP Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main St., Danielson, 860-779-3373 theheirloomfood.com. Closed Sun.-Mon. B L, \$

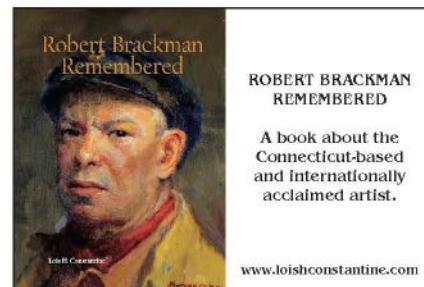
The Inn at Woodstock Hill • American The menu at this historic estate includes shrimp- and sea-scallop stir-fry and duckling à la orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 woodstockhill.com. Open daily. L (Thurs.-Sat.) D S B, \$\$, WA

The Mansion at Bald Hill • American The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 mansionatbaldhill.com. Closed Mon. D, \$\$, WA

Willimantic Brewing Co. / Main Street Café • Brew Pub This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 willibrew.com. Open daily. L (Tues.-Sun.) D, \$\$, WA

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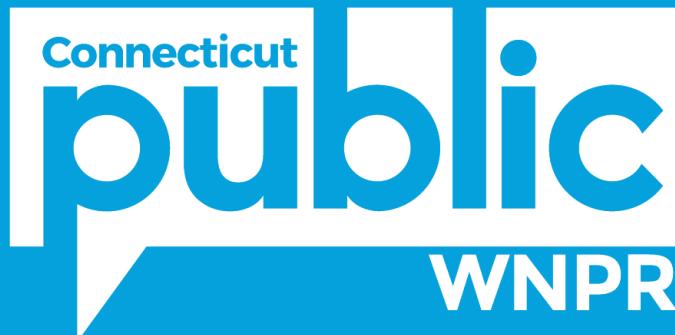
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What's On!

Connecticut Public

03.2018

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MAKING **HER** STORY

A **WHERE WE LIVE** SERIES

A Look at How
Connecticut's Top
Female Leaders
Get the Job Done





PRESIDENT'S MESSAGE



The year may still be young, but at Connecticut Public, home of Connecticut Public Television (CPTV) and Connecticut Public Radio (WNPR), we've already packed a lot of exciting things into 2018 — and there's much more to come!

We love hosting special events, where we can interact, learn, and have fun with our friends and neighbors in the Connecticut community. For instance, in February, we hosted an event at Gateway Community College in New Haven to celebrate the new partnership between Connecticut Public and Gateway. Through this partnership, WNPR has established a new studio and news bureau at Gateway, and will provide opportunities for Gateway students to get hands-on training in digital media.

Our celebratory event was called Love Is On the Air: Public Media + Public Education in the Heart of New Haven. It featured meet-and-greets with WNPR personalities, a live taping of *The Wheelhouse* featuring Colin McEnroe and John Dankosky, student-led tours of the facilities, and more. We thank everyone who came out to be part of this gathering. We are thrilled to have an even stronger presence in the great city of New Haven, and we look forward to collaborating with the terrific students at Gateway!

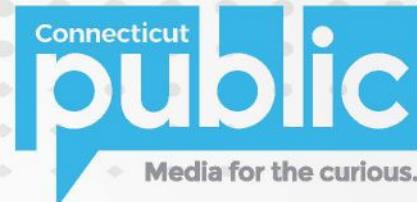
In other news, we are excited to share that our second annual woman's leadership event, Informed Voices: A Celebration of Women in Media, will take place Thursday, May 24 at the Aqua Turf Club in Plantsville. Our special guest speaker will be PBS *NewsHour* host and journalist Judy Woodruff. For the second year in a row, we will also be awarding the Carla Squatrito Scholarship to a young woman planning on studying journalism, communications, or a related field at a four-year college or university. Stay tuned for more information about how you can join us for this special event.

Of course, none of our community partnerships, timely discussions, or other exciting endeavors would be possible without the support of you, our members. Thank you!

Jerry Franklin
President and CEO, Connecticut Public

**SATURDAY, MARCH 24 and
SUNDAY, MARCH 25
11 A.M. – 3 P.M.**

FREE with General Admission or Membership
ctsciencecenter.org



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Call: 860.275.7550

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Jim Henson's SPLASH AND BUBBLES

Meet Splash and Bubbles at the Connecticut Science Center!

FRONTLINE

Frontline: Weinstein

**Friday, March 2
at 9 p.m. on CPTV**

Learn the behind-the-scenes story of how Harvey Weinstein allegedly sexually harassed and abused dozens of women over four decades. With allegations going back to the Hollywood mogul's early years, this film investigates the elaborate ways he and those around him tried to silence his accusers.



Independent Lens: Dolores

**Tuesday, March 27
at 9 p.m. on CPTV**

Meet the indomitable Dolores Huerta, who tirelessly led the fight for racial and labor justice alongside Cesar Chavez, becoming one of the most defiant – and unheralded – feminist activists of the 20th century. With unprecedented access, *Dolores* chronicles Huerta's life from her childhood in Stockton to her role in the feminist movement of the 70s and her continued work as a fearless activist.



Pavlo: Live in Kastoria

**Thursday, March 8
at 8 p.m. on CPTV**

EXCLUSIVE TICKET & MEET AND GREET OPPORTUNITIES AVAILABLE



Known for its picturesque lakes, the mountains of Greece come alive with the sounds of Pavlo's Mediterranean guitar music in this concert special. The international recording artist will also be live in studio to chat about his performance.



Call the Midwife Season 7

**Sundays at 8 p.m.
beginning March 25 on CPTV**

This season, Poplar welcomes Lucille Anderson, the first West Indian midwife to be featured as a series regular. Tested as never before, the nuns and nurses face challenging issues, from leprosy and tokophobia to strokes and Huntington's chorea.



Pasquale Esposito Celebrates Italian Piazzas

Monday, March 5 at 8 p.m. on CPTV



**EXCLUSIVE TICKET & MEET AND GREET
OPPORTUNITIES AVAILABLE**

Italian tenor Pasquale Esposito, who joins us live in studio, celebrates the piazzas of Italy and the music they inspire in this all-new special. Combining a stunning concert recorded live at the 13th century Castello Giusso on Italy's Amalfi Coast with travel footage from Naples and Sorrento, Esposito dazzles the crowd joined by soprano Mayssa Karaa and the Orchestra di Santa Chiara.

MAKING HER STORY

A **WHERE WE LIVE** SERIES

A Look at
How Connecticut's
Top Female Leaders
Get the Job Done



Schedule of Speakers

TICKETS ARE \$10 AND SEATING IS LIMITED.

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Teresa Younger

Ms. Foundation
for Women
President and CEO

TUESDAY, MARCH 6

Curran Community Center,
Gateway Community College
New Haven, CT



Sheila Horan

Retired FBI Deputy
Assistant Director for
Counterintelligence

TUESDAY, APRIL 3

Autorino Center for the Arts,
The University of Saint Joseph
West Hartford, CT

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The logo for the University of Saint Joseph Connecticut, featuring a crest with a cross and the text "UNIVERSITY OF SAINT JOSEPH CONNECTICUT".



Carolyn Miles

Save the Children
President and CEO

TUESDAY, MAY 15

Ridgefield Playhouse
Ridgefield, CT

SPONSORED BY



On the surface, the similarities between Teresa Younger, Sheila Horan, and Carolyn Miles may be hard to see. Except for their ties to Connecticut, these three women followed different paths to their leadership roles. For example, Horan began her career as an admissions counselor for Mount Saint Mary College in Newburgh, New York before entering the FBI Academy in 1973, while Miles previously served in the private sector for American Express in Hong Kong and Younger served as the Executive Director of the ACLU of Connecticut.

Despite these differences, all three women have emerged as leaders within their respective fields. In order to explore which qualities have made these women — and others — so successful, Connecticut Public Radio launched *Making Her Story*, a special series of sit-down conversations between *Where We Live*'s Lucy Nalpathanchil and female leaders from Connecticut who have experienced success in business and non-profit work. Now in its second year, Nalpathanchil will speak with Younger, Horan, and Miles about the challenges they have confronted, work-life balance issues they have experienced, and what the next generation of female leaders should know.

Nalpathanchil recently discussed her experience hosting *Making Her Story*, including how the series got started, why these interviews are so important, and what she hopes audiences understand by the time they leave.



Explain the genesis of this series.

LN Since becoming host of *Where We Live*, we have focused on booking more female guests on the show from all backgrounds. Many of *Where We Live*'s new listeners are women. There are many accomplished women with roots in our state, so why not find out about their experiences?

Why do you feel that it is important for female leaders to tell their stories?

LN I'm interested in hearing stories from both men and women on my show. At the same time, we have had several conversations on *Where We Live* about the leadership disparities that still exist — from the corporate world to the sciences to campus leadership. When I was a little girl, I looked up to women in these roles, but in the small Pennsylvania town where I grew up, there weren't many women leaders visible to me. Luckily, the world looks very different for my two-year-old daughter today. I want young people to see and hear from female leaders because whether they know it or not, these women are role models.

What has been your favorite part of this project since it began last year?

LN The interview feels different from being in-studio because we are having a conversation in front of an audience. I've enjoyed watching how the audience reacts to the conversation and of course, we invite them to ask their own questions, too!

Why should audiences attend these events? What should they expect to hear?

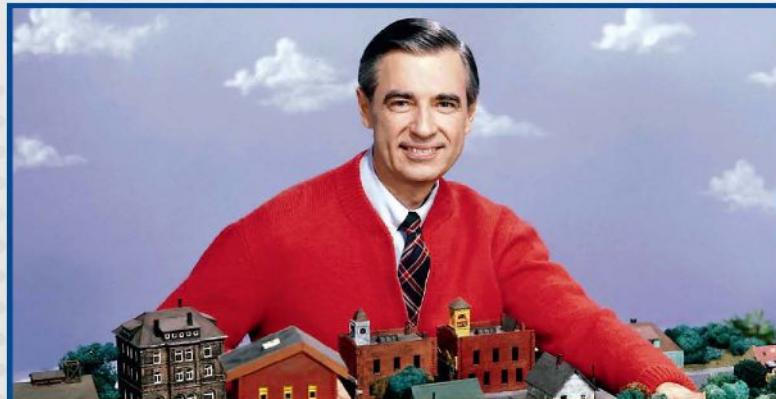
LN This is not a "women only" event. We've had men and women of all ages in our audiences for *Making Her Story*. Last summer, Cindy Bigelow, Priya Natarajan, and Carolyn Kuan spoke so candidly to us about their life experiences, and we can't wait to hear from our next *Making Her Story* guests this spring!



Prime Time | March 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in **blue font**.
- Program or episode premiere indicated by a **P**. Live broadcasts indicated by a **L**.
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- This schedule is accurate as of press time; visit CPTV.org/schedule for the most up-to-date program schedule.

THU 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	The Dr. Blake Mysteries - For Whom the Bell Tolls A man falls from the fire station bell tower.		Vera, Season 6 - Tuesday's Child	Vera investigates the death of a man whose remains were discovered in remote caves.		Marley's Ghosts - Season 2, Part 1	Ask This Old House	This Old House
p spirit	Start Up	Craftsman's Legacy P	Ask This Old House	Ask This Old House	The Great British Baking Show, Season 3 - Part 10: The Final		Martha Bakes	Baking with Julia
FRI 2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Midsomer Murders - The Magician's Nephew, Part 2 A cult member's murder is investigated.		Frontline - Weinstein P Harvey Weinstein tried to silence women that he allegedly harassed and abused.		Women's List: American Masters Meet 15 women who define contemporary American culture.		Infinity Hall Live - Melissa Etheridge See a riveting solo performance by the singer-songwriter.	
p spirit	Public Television Feature Film Collection - Raintree County P A New Orleans belle (Elizabeth Taylor) lures a man (Montgomery Clift) away from his sweetheart (Eva Marie Saint) and into marriage during the Civil War.					Science Goes to the Movies	On Story	
SAT 3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	The Bee Gees One for All Tour: Live in Australia 1989* P (Start: 7:30 p.m.) Barry, Robin, and Maurice Gibb perform their hits in this restored concert special.			The Rolling Stones: Sticky Fingers at the Fonda Theatre P Celebrate the legendary band with the only live performance of their entire <i>Sticky Fingers</i> album. It was filmed at the historic Fonda Theatre in Hollywood.			Memory Rescue with Daniel Amen...**	
p spirit	Little Women: A Timeless Story P Preview the <i>Masterpiece</i> series.		The Durrells in Corfu, Season 1 on <i>Masterpiece</i> - Part 5		Hinterland, Season 3 - Part 5 P A fatal shooting is investigated.		Rebecca - Part 1** Daphne du Maurier's haunting novel is adapted.	
SUN 4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Ed Sullivan's Rock & Roll Classics: The '60s (My Music)* P (Start: 7:30 p.m.) Performances by the Doors, the Beatles, and other music icons are featured.			Food: What the Heck Do I Eat? with Mark Hyman, M.D. P Dr. Mark Hyman reveals which foods nurture people's health and which foods can pose a threat.			Get Down Tonight: The Disco...**	
p spirit	Nature - Naledi: One Little Elephant Caretakers and researchers help a baby elephant survive.			Nature - My Bionic Pet Amazing prosthetics help disabled animals.		Nature - Jungle Animal Hospital Visit a wild hospital in Guatemala.		Animal Rescues: Rob... P
MON 5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Pasquale Esposito Celebrates Italian Pizzas P Tenor Pasquale Esposito highlights Italian pizzas and performs in Naples' Piazza del Plebiscito.			Better Brain Solution with Steven Masley, M.D. P Dr. Masley shares ways to prevent disabling memory loss, as well as diabetes and prediabetes.			Forever Painless with Miranda Esmonde-White** Get a groundbreaking education on chronic pain.	
p spirit	Rick Steves' Special - European Easter P Rick Steves explores Easter in a variety of cultures.			Martin Luther: The Idea That Changed the World Martin Luther's life and the impact his ideas had on the course of Western history are examined.			Rick Steves' Europe	
TUE 6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Memory Rescue with Daniel Amen, M.D. Dr. Daniel Amen demonstrates ways to supercharge one's memory and remember what matters most.			10-Day Belly Slimdown with Dr. Kellyann P Dr. Kellyann shares her powerful, proven plan for blasting belly fat quickly and safely.			Pasquale Esposito Celebrates...**	
p spirit	Incredible Aging: Adding Life to Your Years P Meredith Vieira hosts this special about healthy aging.		NOVA - Prediction by the Numbers		The Gene Doctors Gene doctors work to fight hereditary diseases.		Roadtrip Nation	



Mister Rogers: It's You I Like

WEDNESDAY, MARCH 7 AT 8 P.M. ON SPIRIT
FRIDAY, MARCH 9 AT 8 P.M. ON CPTV

Celebrate *Mister Rogers' Neighborhood*, the pioneering PBS series that premiered nationally 50 years ago and became an iconic and enduring landmark in the world of children's television and beyond. Hosted by Michael Keaton, this special features interviews with original cast members as well as celebrities who have been influenced and inspired by Fred Rogers.

Prime Time | March 7-12

WED 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Celtic Thunder X  This new show celebrates 10 years of Celtic Thunder. See fantastic solo and ensemble numbers featuring classic and contemporary Irish songs, fun retro tunes, love songs, and more!				Retire Safe & Secure with Ed Slott 2018  Ed Slott discusses the changes to the tax code and tells viewers how to protect their savings.			
p spirit	Mister Rogers: It's You I Like  Celebrate the beloved children's series <i>Mister Rogers' Neighborhood</i> .				Maya Angelou: American Masters Journey through the prolific life of the activist and author whose works include <i>I Know Why the Caged Bird Sings</i> .			Mankiller** 
THU 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Pavlo: Live in Kastoria  International recording artist Pavlo returns to Greece to perform old favorites and new classics.			Haylie Pomroy's Metabolism Revolution!  Real people from around the U.S. transform their lives and celebrate their weight loss.			The Bee Gees One for All Tour: Live in Australia 1989** (See CPTV, March 3 at 8 p.m.)	
p spirit	Retire Safe & Secure with Ed Slott 2018 (See CPTV, March 7 at 10 p.m.)			The Great British Baking Show, Season 4 - Part 1: Cake			Julia Child: American Masters Explore the chef's life and legacy.	
FRI 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Mister Rogers: It's You I Like (See CPTV Spirit, March 7 at 8 p.m.)			Memory Rescue with Daniel Amen, M.D. (See CPTV, March 6 at 8 p.m.)			Joe Bonamassa: British...** 	
p spirit	Makers - Women in Hollywood Hear from women in entertainment.		Frontline - Weinstein (See CPTV, March 2 at 9 p.m.)	Makers - Women in Comedy Guests include Carol Burnett.		Science Goes to the Movies	On Story	
SAT 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Doo Wop Generations (My Music)*  (Start 7 p.m.) Performers include Kenny Vance & the Planotones, the Duprees, the Whiptones, and many more.			Pavlo: Live in Kastoria (See CPTV, March 8 at 8 p.m.)			Food: What the Heck Do I Eat? with Mark Hyman, M.D.** (See CPTV, March 4 at 9:30 p.m.)	
p spirit	800 Words, Season 2 - Part 9  A budding relationship causes a stir.		The Durrells in Corfu, Season 1 on Masterpiece - Part 6	Hinterland, Season 3 - Part 6  (See CPTV Spirit, March 3 at 10 p.m.)			Rebecca - Part 2** (See CPTV Spirit, March 3 at 11 p.m.)	
SUN 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Celtic Thunder X* (Start: 7 p.m.; See CPTV, March 7 at 8 p.m.)		Viewers' Favorites	CPTV presents an exciting selection of some of its most popular specials.				
p spirit	Ireland's Wild Coast - Parts 1 & 2 Emmy-winning wildlife cameraman Colin Stafford-Johnson takes an odyssey along Ireland's rugged Atlantic coast.						Globe Trekker - Food Hour: Ireland	
MON 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Celtic Thunder X (See CPTV, March 7 at 8 p.m.)			Viewers' Favorites	(See CPTV, March 11 at 9 p.m.)			
p spirit	Rick Steves' Special - The Holy Land: Israelis and Palestinians Today Explore Jerusalem, Tel Aviv, a university in Ramallah, and more.			In Search of Myths & Heroes - The Queen of Sheba			Globe Trekker - Tough Boats: The Nile	



Celtic Thunder X 10 Year Anniversary Show

**WEDNESDAY, MARCH 7
AT 8 P.M. ON CPTV**



Tickets and Access to EXCLUSIVE Sound Check Party Available

Enjoy this brand new performance special celebrating ten years of Celtic Thunder! Featuring 27 new songs, this special features something for everyone and showcases the magic that turned Celtic Thunder into a household name in 2008.

Prime Time | March 13-18

TUE 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Nature - Naledi: One Little Elephant (See CPTV Spirit, March 4 at 8 p.m.)			Viewers' Favorites (See CPTV, March 11 at 9 p.m.)				
 spirit	NOVA - The Impossible Flight Two intrepid pilots attempt to construct and fly the first solar-powered airplane around the world.			Makers - Women in Space Female space pioneers are profiled.		Roadtrip Nation	Roadtrip Nation	
WED 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Viewers' Favorites (See CPTV, March 11 at 9 p.m.)							
 spirit	Stories from the Vietnam War (P) Wartime experiences are shared.		Last Days in Vietnam: American Experience Meet an unlikely group of heroes that formed in the chaotic final days of the Vietnam War.		Giap's Last Day at the... (P)		Film School Shorts	
THU 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Viewers' Favorites (See CPTV, March 11 at 9 p.m.)							
 spirit	Ric Edelman: Rescue Your Retirement (P) The bestselling author discusses exactly how to invest the right way to achieve financial security.			The Great British Baking Show, Season 4 - Part 2: Biscuits		Alice Waters: American Masters The chef and activist is profiled.		
FRI 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Viewers' Favorites (See CPTV, March 11 at 9 p.m.)							
 spirit	Hollywood Idols	Hollywood Idols	Lorraine Hansberry: American Masters Explore the life and work of <i>A Raisin in the Sun</i> playwright and activist Lorraine Hansberry.		Science Goes to the Movies		On Story	
SAT 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Viewers' Favorites (See CPTV, March 11 at 9 p.m.)							
 spirit	800 Words, Season 2 - Part 10 (P) A dinner party is held.		The Durrells in Corfu, Season 2 on Masterpiece - Part 1		Hinterland, Season 3 - Part 7 (P) Mathias investigates a killer's death.		Breathless on Masterpiece - Part 1** A surgeon tries to help women.	
SUN 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Viewers' Favorites (See CPTV, March 11 at 9 p.m.)							
 spirit	Nature - H Is for Hawk: A New Chapter Author Helen Macdonald follows a family of goshawks in the wild.		Condor's Shadow (P) Can the California condor be saved?		Audubon John James Audubon left a legacy of art and science.		Natural Heroes (P)	

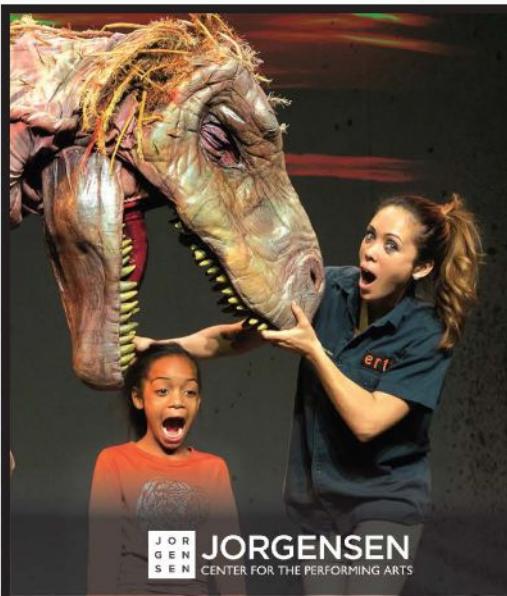


The Condor's Shadow
SUNDAY, MARCH 18 AT 9:30 P.M. ON SPIRIT

Discover the ongoing work of reestablishing the nearly extinct California condor in its natural habitat. Featuring a bold and feisty condor named Pitahsi and dedicated U.S. Fish & Wildlife Service biologist Joseph Brandt, this film is a moving portrayal of an environmental challenge, passionate conservationists, and the American bird that might otherwise have disappeared from the landscape.

Prime Time | March 19-24

MON 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Antiques Roadshow - Spokane, Part 3  A 1938 <i>Snow White</i> banner is among items appraised.	Jackie Robinson - Part 1 Robinson rises from humble origins to integrate Major League Baseball, performing brilliantly despite the threats and abuse he faces on and off the field.	Major League Cuban Baseball The experiences of Cuban players of American baseball are shared.					
p spirit	Born to Explore	Samantha Brown's...	A Few Great Bakeries Tour small bakeries with delicious treats.	Globe Trekker - Food Hour: The Story of Chocolate	James Beard: American Masters Experience a century of food.			
TUE 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Race Underground: American Experience America's first subway overcame engineering challenges.	Jackie Robinson - Part 2 Robinson speaks out against injustice, alienating many who had once lauded him for "turning the other cheek." After baseball, he seeks ways to fight inequality, but faces a crippling illness.	It's All in the Game: The Leta Andrews Story  Basketball coach Leta Andrews is profiled.					
p spirit	NOVA - Great Escape at Dunkirk Explore the epic Dunkirk operation.	D-Day 360 The landscape of the D-Day invasion is recreated.	Enemy of the Reich: The Noor Inayat Khan Story	Makers - Women in War Learn about Linda Bray and others.				
WED 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Nature - Forest of the Lynx Go inside the growth-and-decay cycle of Austria's Kalkalpen National Park.	NOVA - Roman Catacomb Mystery See a forensic investigation into an ancient city of the dead.	Mystery of the Roman Skulls  Archeologists investigate hundreds of skulls found beneath London.	Antiques Roadshow - Spokane, Part 3 (See CPTV, March 19 at 8 p.m.)				
p spirit	The Story of the Jews with Simon Schama - Parts 1, 2 & 3 See the first three episodes of this series highlighting the story of the Jewish experience. Noted historian and scholar Simon Schama hosts.			Time Scanners - Jerusalem Explore Jerusalem's building legacy.				
THU 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	The Dr. Blake Mysteries - The Visible World Blake becomes a murder suspect.	Vera, Season 6 - The Moth Catcher Vera investigates a mysterious double murder in a remote country manor house.	Marley's Ghosts - Season 2, Part 2	Ask This Old House	This Old House			
p spirit	Start Up	Craftsman's Legacy 	Ask This Old House	Ask This Old House	The Great British Baking Show, Season 4 - Part 3: Bread	Martha Bakes	Baking with Julia	
FRI 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Midsomer Murders - Days of Misrule, Part 1 An explosion at a trucking company is investigated.	Death in Paradise, Season 5 - Posing in Murder A young model is strangled.	Richard Pryor: Icon The profound influence of one of America's greatest comics is explored.	Makers - Women in Comedy (See CPTV Spirit, March 9 at 10 p.m.)				
p spirit	Hollywood Idols	Hollywood Idols	To Walk Invisible: The Brontë Sisters on Masterpiece The Brontë sisters wrote romantic novels in a male-dominated 19th-century world.	Science Goes to the Movies	On Story			
SAT 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Public Television Feature Film Collection - Raintree County (See CPTV Spirit, March 2 at 8 p.m.)			Hollywood Idols	Hollywood Idols			
p spirit	800 Words, Season 2 - Part 11  Arlo secretly switches school subjects.	The Durrells in Corfu, Season 2 on Masterpiece - Part 2	Hinterland, Season 3 - Part 8  (See CPTV Spirit, March 17 at 10 p.m.)	Breathless on Masterpiece - Part 2** A procedure goes wrong.				



ERTH'S DINOSAUR ZOO LIVE!

Sunday, March 18, 2:00 pm

It's the ultimate playdate — 65 million years in the making!
 Get ready for an eye-popping collection of life-like dinosaurs and other pre-historic creatures. These puppets are so realistic you may want to run and hide... But don't! You won't want to miss a minute of this fun, unique, entertaining and educational live show.

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Prime Time | March 25-31

SUN 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Call the Midwife, Season 7 - Part 1  An ill Lucille is called from her sick bed to help with a breech birth.	Call the Midwife, Season 7 - Part 2  Lucille faces prejudice and racism when a new mother falls ill.			Dark Angel on Masterpiece	Joanne Froggatt stars as Victorian poisoner Mary Ann Cotton, Britain's first female serial killer, in this spine-tingling drama.		
p spirit	Nature - Animal Misfits Meet sloths and other unlikely creatures.		Buddies: How Dogs Discovered Man		Canine Soldiers: The Militarization of Love 		Natural Health Breakthroughs	Natural Heroes 
MON 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Antiques Roadshow - St. Louis, Part 3  A Michael Jackson-signed hat and photo are appraised.		College Bound: A Rare Look into Connecticut State Schools	Connecticut colleges are explored.	Into the Night: Portraits of Life and Death 	Learn how an astrophysicist, preacher, philosopher, and artisanal mortician grapple with universal questions of mortality.		
p spirit	Born to Explore	Samantha Brown's...	A Few Good Pie Places	Tour pie shops from Maine to Alaska.	Globe Trekker - Food Hour: Sicily		Carla's Pasta: An American Success Story	
TUE 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Triangle Fire: American Experience Outrage following a 1911 factory fire led to workplace safety laws.		Independent Lens - Dolores/Delano Manongs  Meet Dolores Huerta, who tirelessly led the fight for racial and labor justice alongside Cesar Chavez, becoming a defiant but unheralded feminist activist.		The Rise and Fall of the Brown Buffalo  Lawyer and activist Oscar Zeta Acosta is profiled.			
p spirit	NOVA - Iceman Murder Mystery	Scientists examine Otzi the Iceman.	NOVA - Ice Age Death Trap	Giant extinct beasts are uncovered.	Secrets of the Dead - Scanning the Pyramids		Roadtrip Nation: Degree of Impact	
WED 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Nature - Leave It to Beavers	Can beavers help reverse the effects of climate change?	NOVA - The Great Math Mystery	How does math work in the human brain?	WWII Mega Weapons - Battleship Yamato  Japan built the biggest battleship in the world.		Antiques Roadshow - St. Louis, Part 3 (See CPTV, March 26 at 8 p.m.)	
p spirit	The Story of the Jews with Simon Schama - Parts 4 & 5	Schama continues his journey through Jewish history in the final two episodes of the series.			Independent Lens - Little White Lie		Reel South - Private Violence	Intimate partner violence is explored.
THU 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	The Dr. Blake Mysteries - A Lethal Combination  In this season premiere, a boxer dies in the ring.		Vera, Season 6 - The Sea Glass	The body of a missing fisherman is found tangled in the nets of a North Sea trawler.	Marley's Ghosts, Season 2 - Part 3		Ask This Old House	This Old House
p cptv	Start Up	Craftsman's Legacy 	This Old House Hour 		The Great British Baking Show, Season 4 - Part 4: Batter		Martha Bakes	Baking with Julia
FRI 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Midsomer Murders - Days of Misrule, Part 2 (See CPTV, March 23 at 8 p.m.)		Death in Paradise, Season 5 - A Personal Murder	Was Dwayne's mentor murdered?	Churchill's Secret on Masterpiece	Winston Churchill (portrayed by Michael Gambon) faces a life-threatening stroke in 1953 and keeps it secret from the world.		
p spirit	Women's List: American Masters (See CPTV, March 2 at 10 p.m.)		Wuthering Heights - Parts 1 & 2	Witness Heathcliff and Cathy's fiery romance in this adaptation of Emily Brontë's classic novel. Tom Hardy and Charlotte Riley star.			On Story	
SAT 31	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	The Widower - Parts 1, 2 & 3	In this three-part drama based on a true story, follow Malcolm Webster, a nurse by profession and, on the surface, a perfect gentleman: well-spoken, personable, and charming. He's also a killer who marries, then attempts to murder, a succession of women to cash in their life insurance policies.			Secrets of the Dead - After Stonehenge	Explore remains of a 3,000-year-old English settlement.		
p spirit	800 Words, Season 2 - Part 12 	A romantic weekend goes awry.	The Durrells in Corfu, Season 2 on Masterpiece - Part 3		The Collection on Masterpiece - Part 1	Paul Sabine uses his brother's dress designs to achieve fame.	Breathless on Masterpiece...**	

Into the Night: Portraits of Life and Death

MONDAY, MARCH 26 AT 10 P.M. ON CPTV

How do we live with death on the horizon? Explore this question through the dramatic stories of nine men and women who are grappling with the idea of death, some with acceptance and others with denial.



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Faith's Hearty Curried Lentil Soup

FROM FAITH:

This is one of my all-time favorite soup-as-a-meal recipes. I prefer red lentils over brown, simply because I find them beautiful, but you could use brown lentils if that's what you have or what you like. As a last step, I use an immersion blender to thicken the soup, but you don't have to if you like the texture of the plump cooked lentils as they are. The recipe serves six, so this is one you'll want to make for friends next time you host a casual, serve-yourself gathering at your house. The soup freezes well and could be served with a dollop of plain yogurt and a great crusty bread or warm, puffy naan.

Faith

INGREDIENTS

1 large red onion, sliced
1 ½ cups red or brown lentils
1 ½ quarts low sodium chicken broth
¼ cup olive oil, plus 1 teaspoon for sautéing
2 carrots, diced
1 large sweet potato, diced small
1 medium zucchini, diced
1 teaspoon mild curry powder
1 teaspoon paprika
2 tablespoons minced garlic
1 bay leaf
One 28-ounce can Italian stewed tomatoes, peeled
Salt and pepper to taste
Yogurt, for serving

INSTRUCTIONS

1. In a soup pot, sauté sliced red onion in a teaspoon of olive oil until onions are slightly crispy. Remove and drain on a paper towel. Set aside.
2. Place lentils in the soup pot and add enough chicken broth to cover the lentils by one inch. Boil and cook for about ten minutes. Set the lentils aside in a bowl.
3. Heat ¼ cup of olive oil on medium in the soup pot and add carrots, sweet potato, and zucchini. Cook until softened, about five minutes. Add the slightly crispy onions, curry powder, paprika, and garlic, and stir for two minutes. Add the cooked lentils, bay leaf, crushed tomatoes, and the rest of the chicken stock. Bring to a boil, cover, reduce heat to a simmer until lentils have completely softened, about 45 minutes, stirring occasionally.
4. Add salt and pepper to taste, then, if you want, use a hand-held immersion blender to make the soup creamy. Add water if it's too thick. Serve in bowls with a dollop of yogurt.



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The Battle of Baton Rouge, La. Aug. 4th 1862,
lithograph, Currier and Ives.

SOURCE: WIKIMEDIA

while working on the canal. Ultimately the ill-fated project was abandoned.

From Vicksburg, the 9th was sent to Union-controlled Baton Rouge, the Louisiana capital, which was under attack from Confederate forces. Though many of its members were still sick from illnesses caught in Vicksburg, the unit distinguished itself — especially Curtis, who would earn a Medal of Honor for the role he played in the battle. “He voluntarily sought the line of battle and alone and unaided captured 2 prisoners, driving them before him to regimental headquarters at the point of the bayonet,” states the citation for his Medal of Honor, awarded in 1896.

Though, Keating notes, there were many more Medal of Honor recipients in the Civil War than other wars, Curtis’ actions and the performance of the 9th in the battle were a huge source of pride for the Irish back in Connecticut. “The battle becomes their Fredericksburg or their Gettysburg,” he says. “For the Irish in Connecticut, this becomes the most important battle to proving their manhood and proving their capabilities as soldiers.”

That pride continues in Connecticut until this day, at least for those familiar with the regiment’s history. Robert Larkin, a local historian who has spent a great deal of time researching the 9th, says, “they never really got a whole lot of credit, because they were not involved in some of the more publicized battles.”

He and other enthusiasts of the regiment’s history in Connecticut have worked to change that and ensure Connecticut’s brave fighting Irish are honored. In 1903, a monument was established in New Haven in Bayview Park that is still standing. In 2008, a granite statue was unveiled at Vicksburg National Military Park to commemorate the 9th’s canal-digging efforts.

Larkin’s interest in the regiment is personal. His great-great-grandfather, Pvt. John Marlow, was a member of the 9th. Born in Ireland, Marlow immigrated to New Haven. When he joined the 9th, he had five children, the youngest only 1 month old. He died of malaria in Vicksburg while working on the canal, but he and the men he served with have not been forgotten. ■

Fighting Irish

REVISITING CONNECTICUT'S CIVIL WAR 9TH REGIMENT AND ITS MEDAL OF HONOR RECIPIENT

John Curtis was willing to die for his country.

But not like this.

A member of the 9th Regiment Connecticut Volunteers, he was in Mississippi in 1862, tasked — along with other members of his regiment — with digging a canal opposite Vicksburg that would reroute a part of the mighty Mississippi River, thereby allowing Union ships to bypass the cannons at Vicksburg.

The work was difficult and deadly; a far cry from the glory of battle Curtis and others had envisioned when they enlisted, but no less dangerous. The men died in droves from inglorious conditions such as malaria and dysentery.

“It was truly awful at night or sundown, (when) the hammering of nails would be heard making boxes out of rough planks for the dead,” Curtis wrote. “Some of them were buried stitched up in a blanket. Cannonading and the firing of mortars were kept up continually. ... If our men died in an engagement with the enemy we could be more satisfied, but to lay down and die like a dog with nobody to care for you is barbarous.”

A native of Bridgeport, Curtis was born on April 17, 1845, and enlisted in the 9th in

1861. The proudly Irish regiment had formed earlier that same year, consisting of first- and second-generation Irishmen. Many of these men were recent arrivals who had fled famine, poverty and oppression in Ireland.

Immigrants from Ireland began arriving in Connecticut in large numbers in the 1840s. Here, as elsewhere in the New World, they were not initially met with open arms. It was the era of “No Irish Need Apply” signs, and in 1855 Connecticut’s Irish militias were disbanded out of fear of these foreign-born men.

With the outbreak of the Civil War in April 1861, and a new, more pro-Irish governor in control, Connecticut’s Irish had the chance to prove themselves on the field of battle. The 9th Regiment “Irish Volunteers” formed in New Haven. By December the men of the regiment, which at its height was about 1,200 strong, left Connecticut for the South where they soon found themselves doomed to canal-digging duty outside Vicksburg.

Ryan Keating, a history professor at California State University at San Bernardino, has written two history books about the 9th, *The Greatest Trials I Ever Had* and *Shades of Green*. He says that working on the canal was hard on the men. “The casualty rates were exceptionally high,” he says. “And when you look at the mentality here in the 19th century, you see men grappling with non-heroic death on the battlefield.”

More than 150 men from the 9th died



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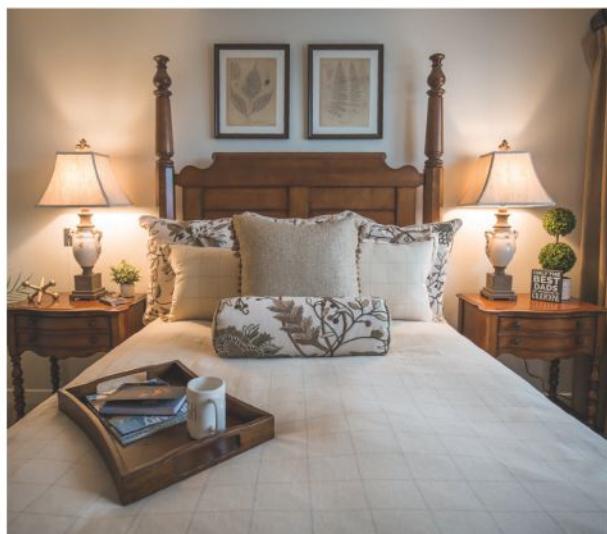
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